



WEIGHT of the WORLD #4
Releasing the Weight of Worry
Philippians 4:4-7, 1 Peter 5:6-11
9/30/2018

²³ Search me, O God, and know my heart; Try me and know my anxious thoughts; ²⁴ And see if there be any hurtful way in me, And lead me in the everlasting way. **-Psalm 139:23-24 NASB**

- An anxious & worried heart isn't cute. Stop the "Bless Your Heart" approach
 - It is a doubting & unbelieving heart that is not trusting the Lord
 - It is a prideful heart seeking its own answers through its own strength
 - This is a hurtful way in you Satan uses to steal peace/joy & kill credibility
 - I believe, help my unbelief!

- Resisting the Onset of Despair
 - Despair is produced when anxious thoughts & worry remain unchecked
 - Anxious & Worrisome thoughts come but must not be given a pass
 - Unchecked Worry always draws focus away from God & onto self
 - Take anxiety & worries captive to be made obedient to Christ

⁴ Rejoice in the Lord always; again I will say, rejoice! ⁵ Let your gentle spirit be known to all men. The Lord is near. ⁶ Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus..

-Philippians 4:4-7 NASB

- Rejoice regardless of your circumstances (v. 4)
 - Rejoice **IN** the Lord not rejoice **FOR** the Lord
 - Not giving our praise to Him, but taking our joy from Him
 - That's Important enough to bear repeating
- Be known by your gentle spirit (v. 5a)
 - Our reputation before all people, whether in Christ or not
 - humility, kindness, gentleness, forbearance, considerate
 - A pattern of life that exhibits the peace of the Lord
 - Operating from a place of peace b/c of confidence in the Lord
 - "God's got this..."
 - Faith in His faithfulness
 - Not a self-seeking desperation produced by anxious worry
 - "I **Must** Do Something..."
 - Flailing because of fear
- Live Convinced of the Lord's Identity & Proximity (v. 5b)
 - The **Lord** is near: Live convinced of the Lord's identity
 - The Lord is **Near**: Live convinced of the Lord's proximity -
 - This phrase is the fulcrum of the passage
 - The Lord is Near: Be Rejoicing; Be Gentle;
 - The Lord is near: Be Abiding instead of Anxious

- Be Anxious for nothing (v. 6-7)
 - There is no situation in which anxiety should reign in the believer
 - Anxiety: Sense of dread gnawing at the pride of "handling it" alone
 - Anxiety: Believing the Lord isn't there or doesn't care
 - The Lord is Near: Be making your requests known
 - in everything by prayer & supplication with thanksgiving
 - prayer and anxiety: same trigger opposite response
 - don't choose to dwell on what you have no power to change
 - choose to dwell with the Lord who can change everything
 - The Lord is Near: Be guarded in heart & mind by His peace
 - every circumstance has a purpose, Consider it joy
 - Keep resisting the devil and pray and trust in all circumstances

⁶ Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, ⁷ casting all your anxiety on Him, because He cares for you. ⁸ Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. ⁹ But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. ¹⁰ After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you. ¹¹ To Him be dominion forever and ever. Amen.

1 Peter 5:6-11 NASB

- Embrace a faith filled with humble patience that trusts the Lord
 - Trust His power and wisdom to deliver in due time
 - Trust His character and care to know what the due time is
- Engage in resisting the adversary who uses lies & fear
 - Even in the face of temporary suffering
- Expect God's faithful completion of His promise
 - He will perfect, confirm, strengthen, & establish you
 - There is no other dominion but His.