

You and I Can Experience Peace in a Culture filled with Anxiety!

Scripture: Philippians 4:6-9

Introduction:

Sounds to me like the latest buzz “word” is Anxiety, (Worry) and there are medications that can be sub-scribed for the Anxiety in our life. People lose sleep over it, and employee’s miss work because of it. Today we want to discuss how the bible teaches us to eliminate the Anxiety in our lives.

Matthew 10:29-31

²⁹ What is the price of two sparrows—one copper coin^[a]? But not a single sparrow can fall to the ground without your Father knowing it. ³⁰ And the very hairs on your head are all numbered. ³¹ So don’t be afraid; you are more valuable to God than a whole flock of sparrows.

Matthew 6:31-34

³¹ “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God^[a] above all else, and live righteously, and he will give you everything you need.

³⁴ “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

1. Worry is a Negative.

A. Worry is a Distraction.

B. Why do we Worry and what does worry say about what are we trusting in?

2. What are we to do in circumstances that affect our lives?

A. The instructions given to us here are we are to connect with the power source **THE LIVING GOD.**

B. How do we let go of the Situations in our lives?

3. We show our Gratitude for all has done to help us achieve his purposes.

A. As creator

Jeremiah 29:11-13 New Living Translation (NLT)

¹¹For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope. ¹²In those days when you pray, I will listen. ¹³If you look for me wholeheartedly, you will find me.

B. AS Provider

Proverbs 3:5-6

⁵Trust in the LORD with all your heart;
do not depend on your own understanding.

⁶Seek his will in all you do,
and he will show you which path to take.

Conclusion:

We as Children of the God of Heaven can experience His peace we just need to refocus and fix our eyes on Jesus and not on ourselves, when we fix our eyes On Jesus, we see that we really have all we need. He will show us away out if we just trust him.