

in Christ Jesus

Apart from Christ, this provision, this protection,
does not **exist**.

Cayucos Community Church Sermon Notes: 10-22-2017, Pastor Dale James

Engage Joy, pt 24 **Give Anxiety the Boot**

Philippians 4:6-7

Our favorite topic to talk about

Take it Home

“Lord, I give this to You. You worry about it for me.”

Don't miss the thanksgiving catalyst!

... for His answer before it comes.

... that He will do what is best for you, even
when you don't see it yet.

... for what He will do, rather than bellowing about
what it appears He hasn't done.

...for peace all around that blows your mind.

Think about the thing that is causing you anxiety,
or is most likely to. I invite you to pray with me:

What do people worry about?

Seemingly impossible command (4:6)

*Don't be anxious about **anything**. Pray about **everything**.*

Need: replace anxiety with God's peace

be anxious (for nothing)

= be divided; distracted
pulled from different directions
old English, from the root "to **strangle**"

*for nothing = **nothing***

Not one thing in life deserves a fear-based agitation
that strangles us.

Anxiety occurs when:

- ⇒ we stop trusting in a sovereign God who has everything under control.
- ⇒ we're pulled in different directions by our inner man, circumstances, people, etc.
- ⇒ we're trusting our ideas & ingenuity to solve the needs, questions & problems that we face.

Unchecked / uncontrolled anxiety = **unbelief**

It's **fear** that refuses to respond to faith.

Challenge: how do I make the switch? (4:8)

pray about everything

“When worry knocks at your door, just invite Jesus to answer it as quickly as you can.” (Max Lucado)

3 different terms for prayer used here

prayer = general term; **worship** focus

supplication = **urgent** request, petition

requests = a formal **asking**

with thanksgiving

catalyst;

It orients us as grateful **receivers**,
not goading **demanders**.

Respects & anticipates God's will & work

to God

He is the object; He is the hope & trust.

Result = peace (v 7)

from God = He is the **source**

surpasses all comprehension

= it will blow your mind

will **guard**

= security; military term for to post a sentry

⇒ your total being