

WEEK TEN

# Peace for Today



**Thankful prayer and right thinking are the believer's pathway to God's peace.**

# **The Anxious Heart**

**A Thankful Prayer**

**A Promise of Peace**

**A Way to Think**

**An Example to Follow**

**Philippians 4:4-5** <sup>NIV</sup>

Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near.

**A Thankful Prayer**

**A Promise of Peace**

**A Way to Think**

**An Example to Follow**

**Philippians 4:6-9** NIV

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

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# **ANXIETY**

**What is it?**

**Why do we have it?**

**Is it a sin?**

-To be pulled apart

-To be troubled with care

-To take thought

-To care for; look out for

# ANXIETY

What is it?

Why do we have it?

Is it a sin?

**Philippians 2:20** <sup>NIV</sup>

I have no one else like him, who will show genuine concern for your welfare.

**Philippians 2:28** <sup>NIV</sup>

Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety.

**2 Corinthians 11:28** <sup>ESV</sup>

And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.



# ANXIETY

What is it?

Why do we have it?

Is it a sin?

**Matthew 6:19-21; 24-25** <sup>ESV</sup>

“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, <sup>20</sup> but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. <sup>21</sup> For where your treasure is, there your heart will be also....<sup>24</sup> “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. <sup>25</sup> “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”

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What is it?

Why do we have it?

Is it a sin?

**Matthew 6:32-34** <sup>ESV</sup>

For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. <sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be added to you. <sup>34</sup> “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

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# ANXIETY

What is it?

Why do we have it?

Is it a sin?

## Circumstances

Health  
Work  
Family  
Financial  
Trauma  
Conflict  
Seasons of Life

## Choices

Schedule  
Media Intake  
Friendships  
Hiding Sin  
Lifestyle/Health  
Lifestyle/Material

## Personal Narrative

Fear of being late  
Losing control of outcome  
Doing things not gifted at  
Possibility of failure  
Financial threat  
Unfinished to-do list  
Public Speaking

# **ANXIETY**

What is it?

**Why do we have it?**


Is it a sin?

**Sinful worry or restful trust?**



Hope in Recovery  
*Episode 51: What is Anxiety Really?*  
Available on YouTube and podcast  
streaming services

*out*  
*of*  
*curiosity*



Out of Curiosity  
*Is Anxiety a Sin?*

Available on YouTube and podcast  
streaming services



**A Thankful Prayer**

**A Promise of Peace**

**A Way to Think**

**An Example to Follow**

**Philippians 4:6-9** NIV

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

**A Thankful Prayer**

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**An Example to Follow**

**I Peter 5:6-7** <sup>ESV</sup>

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> casting all your anxieties on him, because he cares for you.



**“The way to be anxious about nothing is to be prayerful about everything.”**

D.A. Carson - *Basics for Believers*, P. 112

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**An Example to Follow**

True

Honorable

Just

Pure

Lovely

Commendable

Excellence

Praise-worthy

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**Thankful prayer and right thinking are the believer's pathway to God's peace.**

**Matthew 26:37-39, 42** <sup>NIV</sup>

He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. <sup>38</sup> Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.” <sup>39</sup> Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

<sup>42</sup> He went away a second time and prayed, “My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done.”

# A Prayer for the Anxious Heart

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