

# *You Don't Have To Worry!*

## *(Philippians 4:1-9)*

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What is worry? The Greek word translated “anxious” (careful) in Philippians 4:6 means “to be \_\_\_\_\_ in different directions.” Our hopes pull us in one direction; our fears pull us the opposite direction; and we are pulled apart!

From the spiritual point of view, worry is *wrong thinking* (the mind) and *wrong feeling* (the heart) about circumstances, people, and things. Worry is the greatest thief of joy.

If we are to conquer worry and experience the secure mind, we must meet the conditions that God has laid down. There are three: right praying (Phil. 4:6–7), right thinking (Phil. 4:8), and right living (Phil. 4:9).

### I. Right Praying (Phil 4:6-7)

Paul does not write, “\_\_\_\_\_!” He is too wise to do that. He uses three different words to describe “right praying”: *prayer*, *supplication*, and *thanksgiving*.

1. Adoration - Whenever we find ourselves worrying, our first action ought to be to get alone with God and worship Him. Adoration is what is needed. We must see the greatness and majesty of God! God is always bigger than our problems.
2. Supplication - This is the way Jesus prayed in the Garden (Heb. 5:7), and while His closest disciples were sleeping, Jesus was sweating great drops of blood!
3. Appreciation - giving thanks to God (see Eph. 5:20; Col. 3:15–17).

The result is that the “peace of God” guards the heart and the mind! (See the example of Daniel in Daniel 6:1-18)

### II. Right Thinking (Phil 4:8)

Peace involves the heart *and the mind*. Wrong thinking leads to wrong \_\_\_\_\_, and before long the heart and mind are pulled apart and we are strangled by worry.

*“The steadfast of mind You will keep in perfect peace, Because he trusts in You.” (Isa. 26:3)*

Here is what Paul says we ought to think about as disciples...

1. Whatever is \_\_\_\_\_. The Holy Spirit controls our minds through truth (John 17:17; 1 John 5:6), but the devil tries to control them through lies. *Whenever we believe a lie, Satan takes over!*
2. Whatever is honest and \_\_\_\_\_. This means “worthy of respect and right.” There are many things that are not respectable, and Christians should not think about these things.
3. Whatever is pure, \_\_\_\_\_ and of good report. “Lovely” means “beautiful, attractive.” “Of good report” means “worth talking about, appealing.”
4. Whatever possesses virtue and \_\_\_\_\_. If it has *virtue*, it will motivate us to do better; and if it has *praise*, it is worth commending to others.

If you will compare this list to David’s description of the Word of God in Psalm 19:7–9, you will see a parallel. The Christian who fills his heart and mind with God’s Word will have a “built-in radar” for detecting wrong thoughts.

### III. Right Living (Phil 4:9)

You cannot separate outward action and \_\_\_\_\_. Paul balances four activities: “learned and received” and “heard and seen.” It is one thing to *learn* a truth, but quite another to *receive* it inwardly and make it a part of our inner man (1 Thes. 2:13). Facts in the head are not enough; we must also have truths in the heart.

Right praying, right thinking, and right living: these are the conditions for having the secure mind and victory over worry.