



*the way in is the way on  
following Jesus into our anxiousness*

I feel anxiety when \_\_\_\_\_

**anx·i·e·ty**

*A feeling of worry, nervousness, or unease,  
typically about an imminent event or  
something with an uncertain outcome*

**Philippians 4:4-7** <sup>4</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.*

<sup>6</sup> 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.

**Philippians 4:6-7** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Phil 4:6 Do not be anxious about anything

God tells us not to be anxious  
about anything because  
worry is never good



**Philippians 4:6-7** Do not be anxious about anything, but in every situation

**This is a daily life verse  
not a crisis situation verse!**

**Philippians 4:6-7** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

**Prayer involves both our heart and our mind.**

**Philippians 4:6-7** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**The peace of God comes as we experience His rule and reign over our heart and mind.**



# The joy of being ruled by peace and not anxiety

**Matthew 6:24-27** *“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.”*<sup>25</sup> “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”<sup>26</sup> **Look at the birds of the air;** they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?<sup>27</sup> Can any one of you by worrying add a single hour to your life?

# Practice for following Jesus into our anxiousness

1. Notice any situations that you are anxious about

2. Trust in the words of Jesus:

“Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.” **Matthew 11:28-30**