

Think On This



Managing Worry God's Way (Philippians 4:6-13)

Pray The first lesson we learn is the importance of prayer. Philippians 4:6 states *“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”* Homer Hailey comments on this verse by stating, *“The word anxious means to worry, ‘to be troubled with cares’ (Thayer), which is totally inconsistent with and opposed to the Christian’s faith. Instead of worrying, in everything by prayer and supplication, the Christian is to let his requests be made known unto God. Peter puts it this way: ‘casting all your anxiety upon Him (God), because He careth for you.’ (1st Peter 5:7) The remedies for worry are prayer and supplication.”* (Great Bible Doctrines --- Providence And Prayer Pg. 51- 1975 Florida College annual Lectures)

Think Positively A second lesson involves positive thinking. Philippians 4:8 states, *“Finally brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”* Many of the worries an individual burdens himself with are the result of negative thinking. It is not uncommon to see a person create anxiety by worrying about matters he or she has absolutely no control over or worrying about things that “might happen”. Often, the things that “might happen” never materialize. Even when circumstances are going smooth, some are prone to dwell on the negative by focusing to “what might happen.”

Be Active A third step which helps conquer anxiety is to be active in the work of the Lord. Philippians 4:9 states, *“The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”* When a person makes it his or her objective to apply the lessons of Paul *“The things which you learned and received and heard and saw in me, these do”* he or she will not have time to dwell on the negative or sulk in self-pity. Consider the circumstances Paul faced as a Christian. His life contained many hardships, yet he continued doing the work of the Lord, focusing to build up others instead of feeling sorry for himself. (Acts 14: 21-22, Acts 16:25 and Philippians 1:12-15)

Strength In Christ The fourth step to overcome worry is revealed in Philippians 4:13, *“I can do all things through Christ who strengthens me.”* One who is willing to recognize his or her need for Christ and obeys Him will receive strength. (Ephesians 3:16-17) This strength is developed as one exercises himself to godliness. (1st Timothy 4:7, Colossians 1:9-11) Life is not always easy, nor will one always have a clear understanding as to why various things may happen; but, one thing is certain - - Christ cares. (Hebrews 2:17-18, Hebrews 4:14-16) Remember, it is through the teachings of the New Testament which enable us to be strong. Therefore, it is important to feed upon that word on a daily basis. (2nd Corinthians 4:16, Colossians 3:10 & Acts 20:32)

Conclusion Brothers and sisters in Christ let us learn to be victorious over worry by diligently applying the four lessons found in Philippians 4:6-13.

