



“LOSING THE WEIGHT OF ANXIETY”

Philippians 4:4-8

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Christian Center of Salem
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“An anxious heart weighs a man down...”
Proverbs 12:25, NIV

1. Worry About Nothing

“Don’t worry about anything...” Philippians 4:6a, NLT

Four Problems with Worry...

- It is unhelpful
- It is unreasonable
- It is unhealthy
- It is unnecessary

Worry: Assuming responsibility that God never intended for me to have

The root of worry is unbelief

Action Step: Live one day at a time

“Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” Matthew 6:34, NIV

“Give us today our daily bread.” Matthew 6:11, NIV

2. Pray About Everything

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.” Philippians 4:6, NLT

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7, NIV

"You can throw the whole weight of your anxieties upon him, for you are his personal concern." 1 Peter 5:7, Phillips

Remember: No problem is too big for God's power or too small for God's concern

Action Steps:

- Be specific
- Be thankful

"Give thanks in all circumstances, for this is God's will for you in Christ Jesus."
1 Thessalonians 5:18, NIV

3. Think About the Right Things

"Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise."
Philippians 4:8, NLT

"You will keep in perfect peace all who trust in you, whose thoughts are fixed on you!"
Isaiah 26:3, NLT

Action Step: Run your thoughts through the "Jesus filter"

"...And we take captive every thought to make it obedient to Christ."
2 Corinthians 10:5b, NIV

"If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus."
Philippians 4:7, NLT

The Result = God's Peace