

Valley Bible Church – Sermon Notes

Sermon Notes for January 18-19, 2003

"Be Anxious For Nothing"

Dale Whitehead

Philippians 4:6-7

What do we learn about anxiety from Philippians 4:6-7?

We learn that we are to be anxious for nothing.

We learn that God's solution to anxiety is prayer.

There are millions of people around the world today who will be talking at God but not with God.

In order to enjoy effectual prayer it requires a personal relationship with Christ (John 14:6)

In order to enjoy effectual prayer it also requires that there is no unconfessed sin in our lives (Psalms 66:18).

There are several reasons why believers who are in a position to pray effectively may still at times find themselves anxious.

The first reason is that we need to come into God's presence with those cares if we are going to be free of our anxiety (James 4:2).

The second reason is that we must leave those cares with Him if we are going to be free from our anxiety (1 Peter 5:7).

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Being able to pray and cast our cares upon the Lord with thanksgiving is dependant upon us believing that He is both able and willing to bring about the perfect outcome.

As disciples of Christ we have a choice when it comes to dealing with our anxieties. We can turn to the world and their proposed solutions or we can turn to prayer.