

*Valley Bible Church – Sermon Notes*

**Sermon Notes for January 25-26, 2003**

**Dale Whitehead**

**"Be Anxious For Nothing"**

**Philippians 4:6-7**

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

First of all we learned that we are to be anxious for nothing.

We also learned that God's solution to anxiety is prayer.

The last thing we learn is that God has promised His peace to those who bring all their anxieties to Him in prayer (Philippians 4:7).

Experiencing peace is not the product of us believing that we will always receive from God everything that we have requested from Him in prayer.

The peace that God is offering is not based on the belief that I will get what I ask for but rather that I will get what I truly want based on God's purpose for my life.

God's purpose is for us to be conformed to the image of Christ. Prayer plays a key role in this process (Romans 8:26-29).

The peace that we can enjoy through prayer is far superior to anything that the world had to offer because it has a superior source.

The peace that we can enjoy through prayer comes from God. It is His peace.

Because of our desire to be conformed to Christ perfectly the peace that comes from God through prayer will be viewed as far superior to the peace derived from any other source.

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The peace that we can enjoy through prayer is far superior to anything that the world has to offer because it is superior in quality.

The peace that we can enjoy through prayer is so superior to anything that the world has to offer that it exceeds the world's ability to comprehend it.

Since God is sovereign over all things and throughout all of eternity, He always is in a state of absolute peace (Isaiah 46:10; Daniel 4:34-35).

God's everlasting eternal peace is in our possession in the person of Christ (John 14:27).

The peace that we can enjoy through prayer is far superior to anything that the world has to offer because it is superior in its effect.

The peace of God which will be enjoyed by those who take advantage of God's solution will protect their mind and hearts from further worry.

All true disciples of Christ need to believe that the peace of God is available and is able to protect them from anxious thoughts as they bring everything to God in prayer.