

Do Not Worry Phil. 4:6-7

Thesis: To help us deal with worry in the way God intended.

Introduction:

- A. During the holiday season, many people began to worry about different things.
 - 1. For many, it is the most stressful time of the year.
 - 2. Many times we allow that stress to overcome us and it leads to other problems, including health issues.
- B. Today we will look at what Paul has to say about this stress and worry.

I. There is never a good reason to worry (4:6).

A. Notice the Greek word for “anxious” that Paul uses.

- 1. The Greek word is “merimnao” (mer-im-nah’-o)
 - a. It literally means, “to be anxious about” (Strong’s).
 - b. It also can have a double meaning based upon the context.
- 2. It can be used the same as we use the word “care.”
 - a. In this case, it is okay to “care” about something.
 - b. **I Cor. 12:25** - that there should be no schism in the body, but that the members should have the same care for one another.
 - c. **Phil. 2:20** - For I have no one like-minded, who will sincerely care for your state.
 - d. In our text, Paul is not talking about caring about something.
- 3. However, it can also mean much more than simply caring about something.
 - 1. In our text, Paul uses it as an extreme (worry).
 - 2. We must never allow ourselves to worry about something.

B. Paul tells us that we should “be anxious for nothing.”

- 1. There are many things that people worry about in this life.
 - a. Money
 - b. Jobs
 - c. Kids
 - d. How people feel about us
 - e. Whether our favorite TV show or game will be on TV
 - f. The point is that people worry about many different things in this life.
- 2. For a better understanding of what Paul is talking about, notice what Jesus says in **Mt. 6:25-34**.
 - a. Jesus uses this same word for anxious that Paul used 6 times in this passage.
 - 1) Notice this passage and the use of the same Greek word.

- 2) **Mt. 6:25-34** - “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? {26} Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? {27} Which of you by worrying can add one cubit to his stature? {28} So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; {29} and yet I say to you that even Solomon in all his glory was not arrayed like one of these. {30} Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? {31} Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ {32} For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. {33} But seek first the kingdom of God and His righteousness, and all these things shall be added to you. {34} Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”
 - b. Jesus tells us things that worry will not accomplish.
 - 1) Worry will not give us food (**6:25-26**).
 - 2) Worry will not cause us to grow (**6:27**).
 - 3) Worry will not put clothes on our back (**6:28-30**).
 - c. Jesus sums up worry in **Mt. 6:31-34**.
 - 1) God already knows the things that we need in this life.
 - 2) We have enough trouble to deal with today without worrying about tomorrows’ trouble.
 - d. When we worry about things, we are showing a lack of faith in God.
3. Jesus goes on to tell His disciples again that they should not worry, even in times of great persecution.
 - a. **Mt. 10:19-20** - But when they deliver you up, do not worry about how or what you should speak. For it will be given to you in that hour what you should speak; {20} for it is not you who speak, but the Spirit of your Father who speaks in you.
 - b. Again, if the disciples trusted God, they would not worry about how they were going to defend themselves.
 - c. If the disciples were told not to worry even in the face of death, we should not worry today over our problems.

Paul not only gives us the command not to worry, but he also tells us how we can accomplish that goal.

II. Instead of worry, we are told to take our concerns to God (4:6).

A. Paul tells us that “in everything” we can go to God (4:6).

1. There is no situation that the Christian could not go to God.
2. We must always, in all things, go to God.

B. We go to God “by prayer and supplication” (4:6).

1. God wants us to give Him our concerns.
 - a. I Pet. 5:7 - casting all your care upon Him, for He cares for you.
 - b. II Cor. 12:7-10 (Paul follows his own advice) - And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. {8} Concerning this thing I pleaded with the Lord three times that it might depart from me. {9} And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. {10} Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong.
2. Whether we have concerns or joy, we must remember to go to God.

C. We also need to remember to be thankful in our prayers (4:6).

1. Notice two scriptures.
 - a. Ps. 100:4 - Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name.
 - b. I Thes. 5:16-18 - Rejoice always, {17} pray without ceasing, {18} in everything give thanks; for this is the will of God in Christ Jesus for you.
2. Notice what we can be thankful for.
 - a. Our lives
 - b. Our health
 - c. Our material possessions
 - d. Our death (if we are a Christian)
 - e. Christ, who gives us all hope
3. We can be thankful that God has seen fit to take our concerns and worries from us and handle them Himself.
4. We have many things to be thankful for in this life.

Paul has told us not to worry. He has told us how we can accomplish that goal. Now, Paul is going to tell us about the reward of God if we can follow Paul’s command.

III. The promise is made that if we take our worries to God, He will help us (4:7).

A. When we are obedient to God we receive certain rewards, or gifts.

1. The reward that we have here is the peace of God.
2. This peace is greater than any worry that we may have.
 - a. This peace is beyond our comprehension (“surpasses all understanding”).
 - b. When we go to God, this peace that He gives us will protect our “hearts and minds” (4:7).
3. This thought seems to be directly associated with prayer.

B. God has always promised to give His people peace.

1. Ps 29:11 - The LORD will give strength to His people; the LORD will bless His people with peace.
2. Is. 26:3 - You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.
3. Jn. 14:27 - Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

C. If we obedient to God, we can have His peace.

Conclusion:

- A. Paul tells us not to worry.
- B. Paul gives us a way to deal with our worry by taking our concerns to God.
- C. Paul gives us the promise of peace when we properly handle our worries.