

THE RIVER

“Anxious for Nothing” Part 3

God’s Prescription for Peace: Philippians 4:4-8 (NKJV)

“Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 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.”

Peace happens when our attitude changes, not our circumstances.

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” Philippians 4:6-7 (NKJV)

The Path to peace is paved _____.

“...prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters...” Ephesians 6:18 (MSG)

Anxiety is best treated with prayer that has been sprinkled with _____.

To Get out of the Valley of Anxiety:

1) Trade an anxious thought with a _____.

“...for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.” Philippians 4:11-13 (NIV)

2) Learn Paul’s ‘Secret of Contentment.’

Paul’s peace didn’t depend on _____.

“... ‘Beware! Guard against every kind of greed. Life is not measured by how much you own.’” Luke 12:15 (NLT)

Paul’s happiness didn’t depend on _____.

“For to me, living means living for Christ, and dying is even better.” Philippians 1:21 (NLT)

Peter & the Presence of Jesus:

“Stepping into one of the boats, Jesus asked Simon, its owner, to push it out into the water. So he sat in the boat and taught the crowds from there. When he had finished speaking, he said to Simon, ‘Now go out where it is deeper, and let down your nets to catch some fish.’” Luke 5:3-4 (NLT)

“‘...Don’t be afraid! From now on you’ll be fishing for people!’ And as soon as they landed, they left everything and followed Jesus.” Luke 5:10-11 (NLT)

What was it about Jesus that allowed them to leave their nets?

What I have in Jesus is greater than anything that

_____!