

Saturday, 7/24/21 at 4:00 & Sunday, 7/25/21 at 9:00

anxious *for* NOTHING

Part 3: Leave Your Concerns With Him



Introduction: Dear friends in Christ: **This is part 3** of the series, Anxious for Nothing.¹ Since almost everyone struggles with anxiety, *I have some good news to share with you!*

In part 1, we learned that **God is SOVEREIGN** – *in control of all things!* So, whenever things seem out of control and we are anxious, **let us always trust in God** who is fully in control!

In part 2, we learned an important truth and some specific actions. Truth: Why should we NOT be anxious? Because **“the Lord is NEAR”** (Phil. 4:5). What action should we take? **Give all our anxieties to God through SPECIFIC prayer!**

Today, in part 3, we will learn that a **change in attitude** is *much more important* than a change in circumstances and see some **great examples of trust** in the face of calamity.

1. **Great Gratitude:**

- If only: Think about your life..., are you **content** OR have you sometimes thought: My life would be *better* **if only** I was thinner, or richer, or (you fill in the

¹ Max Lucado, Anxious for Nothing (Nashville: Thomas Nelson, 2017), 4.

blank)? If you answered yes, you may be *anxious about what you DO NOT have while, at the same time, forgetting about what you DO have.* What is the remedy? The Bible gives us **two vital words of instruction** in **Philippians chapter 4**:

- i. **Our anxieties – give them to God:** How? Identify each source of anxiety; then, *through prayer, make a specific, detailed request of God* to resolve the reason for which you are anxious.
 - ii. **Our thanksgiving – express it to God:** Even when we are anxious, *we have reasons to give thanks*, so *think, identify, and give hearty thanks to God!*
- b. **Being content:** When does that blessed reality begin? **“...not when circumstances change, but when our attitude toward them does”** (93). So, let us do this: *acknowledge God’s sovereignty, realize God has a plan, and fill our minds with God’s blessings!*
- c. **Paul’s HUGE STATEMENT about being content:** **“...I have learned to be content in whatever circumstances I am [– whether I have a little or a lot]. ...in any and every circumstance I have learned the secret of being [content]... I can do all things through [Christ] who strengthens me”** (Phil. 4:11-13). Paul learned **“a secret,” something unknown to most people.** What secret?
- i. **Most people:** Their happiness depends on *temporal things, for example*, *physical health, size of home, kind of car, money in the bank, etc.* **Sometimes** they are happy, **sometimes** they are sad, and the cycle keeps repeating itself again and again.
 - ii. **Paul:** His happiness was **CONSISTENT** because it depended on **having Christ!** This is a critical point:

our contentment is connected to WHAT WE DESIRE!
For Paul, his desire was ONLY CHRIST, *so he was ALWAYS CONTENT!* What or who is your desire?

2. **God's Peace, Your Peace:** *Forgiveness thru Jesus & more!*
- a. A perfect storm:
- i. **What does that mean?** Try to recall the movie, *based on the 1991 storm:* Hurricane Grace moving north, combined with a massive low-pressure system moving south; together, they produced ♦40-to-80-foot waves, ♦widespread coastal damage, and ♦a second hurricane!
 - ii. **What about our perfect storms?** Maybe *excessive credit card debt PLUS a layoff, or maybe a health crisis PLUS a struggling relationship.* When things PILE UP, what should we do? ♦Remember: **The Lord is near...** [♦Use specific prayer to give our anxieties and our thanksgivings to God.] **And** [♦bask in] **the peace of God,** [which] **will guard** [our] **hearts and** [our] **minds in Christ Jesus"** (Phil. 4:5-7).
- b. Paul's perfect storm: As recorded in **Acts 27**, ♦Paul was a prisoner, ♦he was on a ship going to Rome, and ♦it was late in the sailing season. When they reached Fair Havens, *Paul said they should winter there,* but the others chose to continue to the port of Phoenix. As they sailed, *they found themselves in a perfect, non-stop storm for 14 days!* Then, *when all hope for survival was gone,* ♦Paul spoke up again, ♦they listened, and ♦God brought all of them to land safely.
- What lessons should we learn:**
- i. Consequences: They did NOT listen, *so the boat and cargo were lost.* Are WE in a storm NOW because

we did NOT listen to God ([Rev. 3:19](#))? For example,
◆ having ungodly friends = *trouble* ([Prov. 13:20](#));
◆ robbing from God = *financial struggles* ([Mal. 3:8-9](#));
and ◆ drifting away from God = *no peace* ([Acts 3:19](#)).

- ii. Remedy: “If we confess our sins...” (1 John 1:9).
- iii. God’s help: He sends angels to serve those who will inherit salvation ([Heb. 1:14](#)); on the ship, *an angel gave Paul instruction and encouragement* ([Ac. 23-24](#)).
- iv. God’s deliverance: “Many are the...” ([Ps. 34:19](#)).
- v. Trust in God: Jehoshaphat (*the fourth king of Judah and one of only 5 good kings*) found himself in a perfect storm when the Moabites combined with two other nations against Judah. What did he do? He ◆ called for the whole nation to fast and ◆ prayed this to the LORD, “...we are powerless before this great multitude... but our eyes are on You” (2 Chr. 20:12). Then the LORD answered, “Do not fear... because of this great multitude, for the battle is not yours but [Mine]” (15). In response, Jehoshaphat put singers, *praising the LORD*, out in front of his army. Then, by the time they reached the battle, ◆ *their enemies had turned on themselves* and ◆ *the battle was over!*

Conclusion: Jesus’ work has opened our way to God.

- **Truth** – The secret of being content: *Desire Jesus the most!*
- **Relevance** – The LORD will carry us through every storm!
- **Inspiration** – Confession and trust result in God’s peace!

Let Us Pray: LORD God, *help us to leave every care with You!*

Website: www.blc7500.com (our short URL); **YouTube-watch:** Benefit from the Bible
Facebook: Bethlehem Lutheran Church Parma; **Podcast-listen:** Benefit from the Bible
Address: 7500 State Road, Parma, Ohio 44134; **Phone:** 440-845-2230