

How to be Anxious for Nothing
Philippians 4:6-7 — ROOTS 3/8/2024

What is Anxiety, according to the Bible?

Why is anxiety illogical, according to Jesus? What is the 'root problem' with anxiety?

How exactly does prayer solve our anxiety problem?...

- a. Prayer is _____ accepting that life's about God, that you need Him, and you _____ Him to help you, and then _____ to Him accordingly.
- b. Prayer is _____ to live under God's good and gracious _____

What is the result of praying? How exactly does it deal with anxiety?

Prayer produces _____. _____ means God supernaturally _____ us, from the inside out, by His divine power—He makes us _____ again, _____ and _____ our worries, and replacing them with the peace of His _____

Other Notes

How to be Anxious for Nothing — CHEAT SHEET

Philippians 4:6-7 — ROOTS 3/8/2024

What is Anxiety, according to the Bible?

The word “anxiety” literally means “divided mind”—it’s a mind breaking itself into pieces, tearing itself apart, going in too many directions. It’s the discomfort we cause ourselves when want control over our lives. It’s a denial and frustration with our finiteness. It’s worrying about not being God.

Why is anxiety illogical, according to Jesus? What is the ‘root problem’ with anxiety?

According to Matthew 6 and Luke 12, we should (1) know that God will provide for us (much more than the birds and the flowers), and (2) know anxiety is ineffective (it’s unhelpful). It’s “like running on a treadmill. It’ll give you something to do, but it won’t get you very far”. If you know God, then you know that *your life is under the sovereign control and care of God, NOT our own.*

How exactly does prayer solve our anxiety problem?...

- c. Prayer is **HUMBLY** accepting that life’s about God, that you need Him, and you **TRUST** Him to help you, and then **TALKING** to Him accordingly.
- d. Prayer is **LEARNING** to live under God’s good and gracious **CONTROL**

What is the result of praying? How exactly does it deal with anxiety?

Prayer produces **PEACE**. **PEACE** means God supernaturally **COMPLETES** us, from the inside out, by His divine power—He makes us **WHOLE** again, **RESTRAINING** and **RESTRICTING** our worries, and replacing them with the peace of His **PRESENCE**

Other Notes
