

## Children's Message

"Blanket"

**Psalm 51** <sup>1</sup> Have mercy on me, my God, have mercy on me,  
for in you I take refuge.  
I will take refuge in the shadow of your wings  
until the disaster has passed.

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## "The Christian's Answer to Anxiety"

Philippians 3:20-4:13

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<sup>20</sup> But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, <sup>21</sup> who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

### Closing Appeal for Steadfastness and Unity

**4** Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

<sup>2</sup> I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. <sup>3</sup> Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

**Final Exhortations** <sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup> Whatever you have learned or received or

heard from me, or seen in me—put it into practice. And the God of peace will be with you.

**Thanks for Their Gifts** <sup>10</sup> I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. <sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> 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. <sup>13</sup> I can do all this through him who gives me strength.

## Introduction

### I. "Do not be anxious about anything."

A. High anxiety

B. Psalm 22:1-2

## Psalm 22: 1-2

<sup>1</sup> My God, my God, why have you forsaken me?

Why are you so far from saving me,  
so far from my cries of anguish?

<sup>2</sup> My God, I cry out by day, but you do not answer,  
by night, but I find no rest.

C. Definition "Self-Centered, counterproductive worry, not legitimate cares and concerns of the spread of the gospel."

### II. Citizens of heaven (v, 20)

<sup>20</sup> But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,

A. Great expectation

B. Everything under His control (v.21)

<sup>21</sup> who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

C. Stand fast (4:1)

**4** Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

### III. Living while you wait

#### A. Unity (4:2)

**2** I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord.

#### B. Joy (4:4)

**4** Rejoice in the Lord always. I will say it again: Rejoice!

#### C. Gentleness (4:5)

**5** Let your gentleness be evident to all. The Lord is near.

#### D. Peace through prayer (4:6-7)

**6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

### Application/Conclusion

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#### Table Talks

"A Christians Answer to Anxiety"

#### Thought For A Day

Philippians 3:20-4:13

- Pastor Phil spoke about "Systems Theory". How do you understand it?
- Of spiders, mice and snakes, which do you detest the most? How does the spider and web help us understand systems theory?
- Has all of your anxiety ever changed anything? However, how do you deal with it knowing that it hasn't?

- What do we learn from Psalm 22:1-2?

## **Thought For Another Day**

Philippians 3:20-4-13

- What are your thoughts on how we should live without anxiety? Also, think about:
  1. Unity (4:2)
  2. Joy (4:4)
  3. Gentleness (4:5)
  4. Peace through prayers (4:6-7)
- What "plucks" your web? What comes out to get you?