

# PRESCRIPTION FOR AN ANXIOUS HEART

SERIES: DEVELOPING AN INNER LIFE IN GOD

---

*Phil 4:6-8*

***6 BE ANXIOUS FOR NOTHING, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 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.***

## I. BE ANXIOUS FOR NOTHING

- A. There is never any reason to be anxious.
- B. There will always be more and more things to get anxious about (Rev. 6:8). Troubles will come. Jesus has overcome the world (Psa. 91).

***John 16:33 "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."***

## II. BRING IT TO GOD WITH PRAYER, SUPPLICATION, WITH THANKSGIVING

- A. Prayer –Worship, adoration, reading the Scriptures..
- B. Supplication – asking for our needs.
- C. Thanksgiving

***In everything give thanks; for this is the will of God in Christ Jesus for you (1 Thes. 5:18).***

## III. PEACE OF GOD WILL GUARD YOUR HEART AND MIND

- A. The peace of God will guard over the two areas that create worry for us: the heart, our inner man (deep emotions, wrong feelings) and mind (wrong thoughts).

## IV. MEDITATE ON THESE THINGS..

- A. Think, focus, concentrate on.
- B. Wait on the Lord → strengthened in your inner man (Ps. 27:14; Isa. 40:31)  
***Psa. 27:14 Wait on the LORD; Be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD!***
- C. How to Meditate: Find a quiet spot. Look at God smiling at you. Smile at God. Take a Scripture and write the entire verse. Read it, say it, sing it, pray it (turn it into a dialogue), and then just wait. Do it again for a few minutes. Write down your reflections.