**From Worrier to Warrior**

*Be Anxious for Nothing*

Philippians 4:4-7

**Battle Anxiety with the Weapon of Praise (Philippians 4:4)** *“Rejoice in the Lord always; again I will say, rejoice.”* Many scholars believe that this letter was written from prison in Roman to the Philippian church. We see Paul’s interaction with this church of Philippi in Acts 16 and he later returned on two other occasions to equip and encourage the believers there. The design of this letter was to thank and encourage the church of Philippi. This church was responsible for resourcing Paul at one point in his ministry. They helped him materially and through prayer. Much like the book of 2 Timothy, the book of Philippians was possibly one of Paul’s last books before his execution. He knew his time was coming to an end, yet his mind and soul were both centered on Christ and the gospel! While in sure certainty of a martyr’s death, Paul says, *“Rejoice in the Lord always; again I will say, rejoice.”* Paul is prompted by the Holy Spirit to tell us believers to praise God even in the storms of life, regardless of the circumstances!Happiness is circumstance driven, while joy is the peace of God even in chaos.

John Hus, a martyr, who was burned at the stake on July 6, 1415 for his Christ-centered beliefs, was said to have started “the fire that ignited the reformation.” Arriving at the place of execution, he was asked if he would finally retract his views. Hus replied, "God is my witness that the evidence against me is false. I have never thought nor preached except with the one intention of winning men, if possible, from their sins. Today I will gladly die." The fire was lit. As the flames engulfed him, Hus began to sing in Latin a Christian chant: "Christ, Thou Son of the Living God, have mercy upon me." When we praise God we acknowledge that He alone is our strength, our power, our cornerstone, our salvation. Praise places our problems upon the only One who can handle them. The Bible contains over four hundred references to singing and fifty direct commands to sing. The longest book of the Bible, the Psalms, is a book of songs. And in the New Testament we’re commanded not once, but twice, to sing psalms, hymns, and spiritual songs to one another when we meet (Ephesians 5:19; Colossians 3:16). Praising God with music has a great effect on us emotionally! As David played his harp, Saul’s troubled spirit was calmed (1 Samuel 16:23). In Matthew 11:17 Jesus referred to music that made people want to dance or mourn. God commands us to sing with thankfulness in our hearts to God (Colossians 3:16). Our hearts should be involved because music is meant to affect us and thrust us to His glory! Battle anxiety through praise!

**Battle Anxiety with the Weapon of God’s Presence (Philippians 4:5)** *“The Lord is at hand;”* In this verse we see Paul’s reminder that God is with us. The church of Philippi was under persecution from various false teachers. They needed to hear the encouragement to not only be anxious, but not be anxious because of God’s presence. Growing up, we lived at the end of a long dirt road. I can remember being scared walking home from our neighbors house on a cloudy moonless dark night. When I’d cry out, daddy, he’s answer, “I’m right here Shane.” My dad’s voice calmed my fear because of his presence! We have that same access to God our Father! The prophet Isaiah tells us in Isaiah 41:10 *“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”* The most comforting fact that should calm our soul for the present and for the future is to know that the presence of God is with us! The end of the Great Commission notes this fact (Matt. 28:20) *“…and behold, I am with you always, to the end of the age.”*

**Battle Anxiety with the Weapon of Prayer (Philippians 4:6)** *“…but in everything by prayer and supplication…”* Prayer is the cure to anxiety! “When you worry, you are saying in effect, “God, I just don’t think I can trust You.” Worry strikes a blow at the person and character of God.”― John F. MacArthur. When we pray, we are acknowledging with our mind, heart, and soul that God is indeed in control, on the throne, and the One who indeed cares for us! He alone can change our circumstances, or transform our hearts to endure what is ahead.

**Bask in the Peace of God’s Promises (Philippians 4:7)** *“and the peace of God, which surpasses all understanding…”*

**a.** Bask in the Peaceful Promise of God’s Power. *“…which surpasses all understanding…”* Only God, the Creator can grant peace in the worst of circumstances. Only God has that power! We find great peace in the power of Jesus. Genesis through Revelation is packed full of God’s promises. A non-anxious person is a person who reclines upon God’s promises! Psalm 1:2-4 states: ***“but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away.”*** The *“I am”* statements of Jesus Christ are His promises to us that should anchor our peace for eternity! God’s power is given to us through Jesus Christ! Why are we anxious when Christ himself makes these statements?

***“I Am The Bread Of Life”* (John 6:35)**

***“I Am The Light Of The World”* (John 8:12)**

***“I Am The Gate For The Sheep*”(John 10:7)**

***“I Am The Good Shepherd”* (John 10:11)**

***“I Am The Resurrection And The Life”* (John 11:25)**

***“I Am The Way The Truth And The Life”* (John 14:6)**

***“I Am The True Vine”* (John 15:1)**

**b.** Bask in the Peaceful Promise of God’s Protection. *“…will guard your hearts and your minds in Christ Jesus.”* Do we really believe God’s sovereignty is best for our life? We may believe that intelligently, but with our hearts and actions we reflect an anxious person who wants control! God has everything worked in advance for our good and His glory! Romans 8:28 ***“And we know that for those who love God all things work together for good, for those who are called according to his purpose.”*** I can claim this promise of protection with great joy because at the end of the day, this is all I have!

How do we go from being a worrier to becoming a warrior in Christ?

Battle anxiety with the weapon of praise. We battle anxiety with the weapon of God’s presence. We battle anxiety with the weapon of prayer, and we bask in the peace of God’s promises.