Be Anxious for Nothing

Rufus Barfield · Philippians 4:6–7

INTRODUCTION

- Be anxious for nothing, but in all things, through prayer and supplication, let your request be made known unto God.
- It's a sense of uneasiness and anxiety about the future. It's to think about problems or fears, vexation, mental distress.

1 Not Anxious for Worldly Things

Matthew 6:24–26; 1 Peter 5:6–8

- There are things that we need to give our attention to, and there are things that we need to let go of.
- Saints are to be careful for their souls. We are to be concerned about where we will spend eternity.
- We should not be anxious for worldly things.
- When we are consumed with worry and anxiety, this is a demonstration or display of a lack of trust in God. It's a lack of faith.
- Casting all your care upon him, for he careth for you.

2 Develop an Attitude of Faith and Prayer

Galatians 2:20; Hebrews 4:14–16

- I have been crucified with Christ. It is no longer I who live, but Christ who lives within me.
- If we're going to develop an attitude of faith and prayer, then that is going to be followed up by action.
- Let us therefore come boldly unto the throne of grace that we may obtain mercy and find grace to help in time of need.
- Come boldly, not fearfully, not arrogantly, but boldly.

3 Know That We Are Spiritual Beings

Romans 8:9–11

- Do you see yourself as a physical being having a spiritual moment? Or do you see yourself as a spiritual being having a physical moment?
- When Christ dwells and reigns within us on a 24-7 basis, we are spiritual beings.
- That's a whole different mindset, beloved. That is a heart corrector. That is a mind corrector.

4 Allow God to Give You Peace and Rest

Isaiah 26:3; Philippians 4:7

- This suggests a peace that guards a heart like a squad of soldiers guarding a town.
- This peace is the kind of peace that there's no attachment to things. There's no attachment to relationships. There's no attachment to titles.

- This peace that we are able to have is the peace that those outside the body don't have.
- The peace of not being consumed with worldly matters, is only achieved in understanding the gift that God gave us in his son Christ Jesus.

5 To Everything There Is a Season

Ecclesiastes 3

- What I want sometimes may not be consistent with the will of the Father.
- There are cycles in life. There are seasons.
- But our God says, these seasons will what? Pass.
- Do we become a product of what we're going through? Or do we rise above it through Christ Jesus?

6 Our Daily Life Is a Life of Worship

Colossians 4:2–6; Colossians 3:16–17

- Devote yourself to prayer. You can alert in it with the attitude of thanksgiving.
- I'm talking about worship where our life, our daily life, is a life of worship. A life committed to reverence.
- God created us to worship Him. Not just when we come in here. But when we're out and about.
- A life of worship is not about us. It's about the other. It's about service. It's about reverencing God.

> THE CHALLENGE
>
> **Worry, anxiety, and fear can separate us from that. Where are you at this time?**

MY NOTES