

“Anxiety”

Preached by Bro. Mahlon T. LeCroix on 10/20/24.

Sermon Series: A Stolen Life Main Passage: Philippians 4:4-10

Opened with a historical discussion about the American Civil War Hero William Tecumseh **Sherman** who fought for the **north**.

- He was removed from command for a time because he suffered from “*such **nervousness** that he was unfit for command*”.

- Over 40 million adults in America suffer from **anxiety**, and over half of those are between the ages of 18-24.

- **Women** are two times more likely to suffer from anxiety, and **white** women are ranked number one.

- **Anxiety** is a natural response that is both **beneficial** and detrimental.

1) **Praise**

- To overcome anxiety, one needs to double down on **praise** and thanksgiving. (v.4,6)

- We can and should **praise** and give **thanks** while making petitions, because we know our Father is good and will act according to what is truly best for us. (ref: Jer.29:11; Pro.3:5-6)

- Scripture is filled with one story after another of how God worked in and through people’s lives even in difficult situations. It does this so that our **faith** will be strengthened and encouraged. (ref: Jos.1:9; Dan.3:17-18)

- Our joy and peace is not based on life **circumstances**, but knowing to Whom we belong too. (ref: 1Pet.5:6-10)

2) **Focus**

- **Peace** is the opposite of anxiety. God’s peace will guard our hearts and mind. (v.7)

- Similar to last week’s point on our mind being the “**battleground**”, we must focus our thoughts on **God** and His unfailing provision and goodness. (v.8)

- **Anxiety** occurs when we allow our thoughts to focus on things outside our control.

- Look/Consider the **birds** and the **flowers**. You are of greater value! If He provides for them, He will also provide for you. (ref: Matt.6:25-34)

3) **Fight**

- It is one thing to know it, but another to **practice** it. (ref: v.9; Psalm 94:19)

- Relax and **breathe**

- Be a part of a Church **Body** (ref: 2 Cor.1:4)

- Implement **journaling**

In closing,

- Philippians 4:13 says, “*I can do all things through Christ who strengthens me.*” and was written in what context? _____

- Anxiety will ultimately boil down to this... “*worry is believing **God** won’t get it right.*”

- Matthew 11:28-30, “*Come to Me, all you who are weary and burdened, and I will give you **rest**. Take My yoke upon you and learn from Me; for I am gentle and humble in heart, and you will find **rest** for your souls. For My yoke is easy and My burden is light.*”