

RELEASING THE GRIP OF ANXIETY

PHILIPPIANS 4:4-7 | ERIC SIMPSON | MARCH 29, 2020

Philippians 4:4-7

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, 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.

merimnaó = (mer-im-nah'-o) = anxious, strangled or choked with concern

Gratitude, presence and prayer become the pathway to a peace that transcends understanding.

- **Gratitude**

Anxiety is a grasping for control of what we do not have in the future.
Gratitude is giving thanks for what we do have in the present.

Anxiety is straining and grasping for a life we wish we had.
Gratitude is recognizing what we already have in Jesus.

- **Presence**

Psalms 145:18

The LORD is near to all who call on him, to all who call on him in truth.

Psalms 46:1

God is our refuge and strength, an ever-present help in trouble.

Start with the resources we have in the Resurrected Christ, not with the limitation of our circumstances.

- **Prayer**

“No more ‘if only.’ It is the petri dish in which anxiety thrives. Replace your *if only* with *already*. Look what you already have. Treat each anxious thought with a grateful one, and prepare yourself for a new day of joy.”

– Max Lucado

This week...

- Create a gratitude ritual, begin each day with three statements, “*Lord, thank you for _____.*”
- No matter what *news* we’re confronted with this week, whisper—“*The Lord is near.*”
- Pray through these Scriptures.
Psalm 1, Psalm 16, Psalm 42, Psalm 84, Psalm 103