



Don't Worry ~ Be Happy

Peace That Surpasses Understanding

A Study of Philippians 4:4-9



The Enemy of Joy and Peace

- **Worry - Anxiety - Depression - Fear**

- **Worry Results From a Lack of Faith**

- **Matthew 6:27-30** *"Which of you by worrying can add one cubit to his stature? "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?"*

- **Depression Results From Worry**

- **Proverbs 12:25** *"Anxiety in the heart of man causes depression, But a good word makes it glad."*

- **They Stand Opposed to The Love of God**

- **1 John 4:18** *"There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."*



Rejoice In The Lord Always

- **Philippians 4:4 – “Rejoice in the Lord always. Again I will say, rejoice!”**

- **If You Do These Two Things**

1. **Remember The Lord Is Near vs. 5 “Let your gentleness be known to all men. The Lord is at hand.”**

2. **And Get Rid of Your Anxiety vs. 6 Be anxious for nothing...**

- **You Will Have Peace That Surpasses Understanding**

- **vs. 7 “and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”**

- **But Is this easier said than done?**



How To Get Rid of Anxiety

■ Prayer, Meditation, & Action

- **PRAYER** - vs. 6 “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;
 - 1 Peter 5:6-7 “Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your care upon Him, for He cares for you.”
- **MEDITATION** - vs. 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.”
 - Proverbs 23:7 “For as he thinks in his heart, so is he.”
- **ACTION** - vs. 9 “The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”
 - James 1:22 “But be doers of the word, and not hearers only”



Consider Jesus In The Garden

■ Matthew 26:36-46

- Then Jesus came with them to a place called Gethsemane, and said to the disciples, “Sit here while I go and pray over there.”³⁷ And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed.³⁸ Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.”³⁹ He went a little farther and fell on His face, and prayed, saying, “O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You *will*.”⁴⁰ Then He came to the disciples and found them asleep, and said to Peter, “What? Could you not watch with Me one hour?⁴¹ “Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak.” ... (Again a second time and a third time)⁴⁵ Then He came to His disciples and said to them, “Are *you* still sleeping and resting? Behold, the hour is at hand, and the Son of Man is being betrayed into the hands of sinners.⁴⁶ “Rise, let us be going. See, My betrayer is at hand.”