

# **Anxiety: The Thief of God's Promises**

## **Philippians 4:4-7**

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**Thesis:** Joy, peace, and protection are promised to us by the Lord. However, we often allow our anxiety to rob us of these promises by finding our joy in something other than God and neglecting the power of prayer.

1. Joy in the Lord allows us to endure temporary suffering (vs. 4-5).

A. How do we have joy in the Lord while we endure suffering (vs. 4)?

B. How do we "let our reasonableness be known" (vs. 5)?

2. True prayer, offered in faith and built on the foundation of trust in God, is the switch that activates the gate of peace that protects our hearts and minds from anxiety (vs. 6-7).

A. If God is in control of all things, why do I need to pray (vs. 6)?

B. How does the peace of God protect our hearts and minds (vs. 7)?

**Conclusion:**

1. Let the joy of the Lord motivate you to serve others, while keeping your eyes on the 2nd coming of Christ.

2. Pray and trust the Lord's protection.