

**Don't Worry About It!**

Philippians 4:6-7

# REVIEW (Ph.4)

I. Stand Firm In Lord, 1

II. Be United In Lord, 2-3

III. Rejoice In Lord, 2-3

IV. Moderation In All Things, 5

If anyone has a right to worry, it was Paul

a. Prisoner in Rome awaiting trial in court of Nero.

b. Despised by envious brothers in Rome who resent his presence and popularity.

c. Object of homicidal hatred by unbelieving Jews.

d. Sickness and near death of Epaphroditus while serving Paul.

e. Judaizers constantly trying to invade churches.

f. Personality problems threaten church at Philippi (and others).

BUT: Paul (apostle) forbids all worry: Ph.4:6-7

## V. Do Not Be Anxious, 6-7

# Prohibition

1. Mt.6:25-34, do not worry ...
2. Ph.4:6, be anxious for nothing

Context determines usage

Ph.2:20, commending Timothy's  
worry?

1 Co.12:25, one part for another.  
2 Co.11:28, Paul for churches.

NT forbids worry, not care

# Prohibition

1. Mt.6:25-34, do not worry
2. Ph.4:6, be anxious

## Context

Ph.2:20, command  
worry

- 1 Co.12:25, one part for another.
- 2 Co.11:28, Paul for churches.

NT forbids worry, not care

1. Daily 'pressure, care' ...  
What?
2. 'Anxiety, worry'  
(for churches).

# What is wrong with worry? Mt.6

1. Jesus says no, 25.

- God gives life / body – greater things
- Trust Him for food / clothes – lesser things

# What is wrong with worry? Mt.6

1. Jesus says no, 25.

2. Birds say no; trust instead, 26.

- 1 Tim.5:8.
- “Your” heavenly Father.
- Birds do not worry; they trust.
- Argument from lesser to greater.
  - Lilies, 28-29; grass, 30

# What is wrong with worry? Mt.6

1. Jesus says no, 25.
2. Birds say no; trust instead, 26.
3. Yarnstick says no, 27.
  - Worry adds wrinkles, not height.
  - Samuel . . . Eli

# What is wrong with worry? Mt.6

1. Jesus says no, 25.
2. Birds say no; trust instead, 26.
3. Yarnstick says no, 27.
4. Lilies and grass say no, 28-30b.
  - Lilies rebuke us.

“There is nothing too great for His power;  
nothing too small for His care.”

- Mt.8:26
  - “Little faith” is always wrong.

# What is wrong with worry? Mt.6

1. Jesus says no, 25.
2. Birds say no; trust instead, 26.
3. Yarnstick says no, 27.
4. Lilies and grass say no, 28-30b.
5. Gentiles say no, 31-33. [Negative example]
  - Not advising carelessness or lack of prudent forethought.
  - Gentiles ambitions not good enough for God's children (33).

# What is wrong with worry? Mt.6

1. Jesus says no, 25.
2. Birds say no; trust instead, 26.
3. Yarnstick says no, 27.
4. Lilies and grass say no, 28-30b.
5. Gentiles say no, 31-33.
6. Calendar says no, 34.
  - Today's trouble is enough for today.
  - People worry over past, present, future...

Philippians 4:6 – **contrast:**  
do NOT worry...BUT pray

Worry about nothing; pray about everything.

“The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety.”

Philippians 4:6 – contrast:  
do NOT worry...BUT pray

- Anxious for NOTHING ≠ address emotions, but volition – we can obey. Mt.6:25; Ph.4

1 Pt.5:7, we can do something; our choice

Ps.55:22, realize Who God is...I am not

Mt.6:25, is Jesus wrong? 1 Pt.5:7; Ph.4:6

- Gn.37

Philippians 4:6 – contrast:  
do NOT worry...BUT pray

- Anxious for NOTHING
- But in EVERYTHING by prayer. Mt.10:30
- With THANKSGIVING. Ep.5:20
  - No care; much thanks
  - Lk.17

Worry about  
nothing

Prayer about  
everything

Thanks for  
all things

Philippians 4:6 – contrast:  
do NOT worry...BUT pray

- Anxious for NOTHING
- But in EVERYTHING by prayer. Mt.10:30
- With THANKSGIVING. Ep.5:20
- Peace of God (7...11-13). Ep.2:14

Peace with  
God

Peace with  
people

Peace with  
self

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- Anxious for NOTHING
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- With THANKSGIVING. Ep.5:20
- Peace of God (7...11-13). Ep.2:14
- Surpasses all understanding (3:8).
- Guard hearts – military metaphor (sentinel)
  - Paul chained to guards, 1:7...
  - Lord stands guard...Dn.6

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- Surpasses all understanding (3:8).
- Guard hearts – military metaphor (sentinel)
- Through Christ Jesus ('in'): v.1, 2, 4;  
Col.3:15

# Lessons

1. Ph.4 does not promise absence of trials.
2. Lord is near (5): our peace. Mt.10.

“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid” – John 14:27

“These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world” – John 16:33

# Lessons

1. Ph.4 does not promise absence of trials.
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“For He Himself is our peace, who has made both one, and has broken down the middle wall of separation” – Ep.2:14

# Lessons

1. Ph.4 does not promise absence of trials.
2. Lord is near (5): our peace. Mt.10.
3. Worry unconsciously insults Lord.
4. Why worry?

“Every evening I turn my worries over to God. He’s going to be up all night anyway.” (Ps.121:1-4)