

Prayer: God's Cure for Anxiety **Philippians 4:6-7**

Most of you know that all Three Phases of Salvation – justification, sanctification, and ultimately glorification – are by grace. Succinctly: Deliverance from sin and its effects is provided in all of its aspects by the God of all grace. So before we begin this study, let us review grace-provision for deliverance in Phase 2 of Salvation.

Grace Provision in Phase 2

- The _____ of _____: The Perfect Guide
- The _____ of the _____: The Perfect Stimuli & Power
- The _____: God's Institution for Assembly Communication
- The Perfect Means of Knowing / doing God's will: _____ by grace
- Prayer & Promises: The Perfect Means of _____ Communication

Exposition: Philippians 4:6-7

I. v.6 A Command about _____

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

- Be anxious for NOTHING
 - Tense = _____ (durative action = *keep on being non-anxious*)
 - Voice = Active (your volition [positive or negative] is involved)
 - Mode = Imperative (a command expressing _____ will)
 - for nothing = *meden / μηδεν = not even in one thing*
- Illustration of unhealthy anxiety: Martha, Lu. 10:41
- Did Paul learn this while under house arrest?!? See 4:10-13

II. v.7 God's Rx for Anxiety

IN EVERYTHING...

- by prayer (proseuche) = most common word for prayer in N. T. (87 times as a verb)
- by supplication = _____
- with _____ = expressions of gratitude

Let your _____ be made know to God.

The verb is :

Present Tense = _____ Action: keep on letting your specific requests...

Middle Voice = You do this with intense interest in the results of the action

Imperative Mode = Mode of command

III. The Result of Exercising the Prayer Option

- *The peace of God* = peace of which _____ is the source
- *that surpasses all* _____ /understanding (lit., all mind capabilities); compare Eph. 3:20
- *will guard* = a military term: *to protect like a garrison, to make secure*
This is inward, unseen! Note what is protected.
- *your hearts and thoughts* (products of the mind)
- *in* [or by] *Christ Jesus*

We owe all the advantages of this resource to our Lord Jesus Christ!

Summary & Conclusions

1. Even though God knows our needs before we ask, He delights in our expressions of confidence in His abilities to help us in situations in which we feel helpless.
2. Prayer, then is educational; it is a method of communication designed by God to help us learn of His abundant capabilities.
3. Our requests are to be specific. We express felt needs, needs which are beyond our immediate capabilities.
4. We are to so pray duratively, on-an-on.
5. God through Paul is saying, "Follow the course of action I am commanding in Phil. 4:6-8 – and enjoy the peace of mind that will result."