

Thankfulness is the Cure to Anxiousness

Philippians 4:4-8

Philippians 4:6 – Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (NIV)

Psalm 92:1-2 – ¹It is good to give thanks to the Lord, to sing praise to your name, Most High, ²to declare your faithful love in the morning and your faithfulness at night, (CSB)

Philippians 4:4-5 – ⁴Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. (NIV)

Four stress reducers from Philippians 4:4-8:

I. Stress about **nothing**.

Philippians 4:6 – Do not be anxious about anything... (NIV)

Matthew 6:34 – Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes. (Msg)

Apply it: Reduce stress by living each day in the **presence of God**.

II. Pray about **every thing**.

Philippians 4:6 - ... in every situation, by prayer and petition...(NIV)

Matthew 26:41 – Stay awake and pray, so that you won't enter into temptation. The spirit is willing, but the flesh is weak. (CSB)

1 Peter 5:6-7 – So, humble yourselves under God's strong hand, and in his own good time he will lift you up. You can throw the whole weight of your anxieties upon him, for you are his personal concern. (Phillips)

Apply it: No problem is too big for God's **power** or too small for his **concern**.

III. Be thankful **always**.

Philippians 4:6-7 – ... with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (NIV)

1 Thessalonians 5:18 – give thanks in everything; for this is God's will for you in Christ Jesus. (CSB)

John 16:33 – I have told you these things so that in me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world. (CSB)

Apply it: How much can you be **thankful** for?

IV. Always be thinking about the **right things**.

Philippians 4:8 – Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (NIV)

Ephesians 4:23-24 – ²³Instead, let the Spirit renew your thoughts and attitudes. ²⁴Put on your new nature, created to be like God—truly righteous and holy. (NLT)

Isaiah 26:3 – You will keep the mind that is dependent on you in perfect peace, for it is trusting in you. (CSB)

Apply it: You become what I **think** about.

Thought For The Week:

You can be thankful because God considers you His **personal concern**.

THANKSGIVING ASSESSMENT

1. Would the people who live nearest to you characterize you as a complaining person or a thankful person?
2. When was the last time you sat down to literally count your blessings?
3. When was the last time you spent time grumbling, moaning and complaining about life?
4. When you look at your world, are you pessimistic about everything that's going wrong?
5. When you look at your world, do find yourself celebrating God's common grace?
6. Do you view yourself as one who has been constantly short-changed and neglected?
7. Do you view yourself as one who has been unfairly showered with blessings?
8. How often do you fill in the blank with grumbling, like "If only I had _____" or "I wish _____ was different"?
9. How often do you fill in the blank with gratitude, like "I can't believe God has given me _____"?
10. In your relationships, are you encouraging friends and family to continue their grumbling?
11. In your relationships, are you encouraging friends and family to find reasons to give thanks to God?