

# *Can You Trust God?*

## **How Should I Fight Worry?**

**Philippians 4:4-9**

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**There are practical things you can do to fight worry in your life:**

### **I. You Need to Take a Closer Look at What You're Actually Worried About**

**Psalm 139:23** "Search me, O God, and know my heart; test me and know my anxious thoughts."

The Bible doesn't tell us to fight worry by pretending there's no reason to be worried. It never airbrushes away the reality of a broken world. Instead, the Bible gives us better reasons not to worry.

"Scripture never trivializes the things we worry about. It just says you have greater reason to take them to someone who can help, rather than worrying about them. In other words, you have good reason to worry... but **better reasons** not to worry. So, don't get caught in the 'spin cycle' (like a washing machine going round and round) – twisting, turning, driving, churning."

~ David Powlison, BCTC Lecture 2004

The first step of breaking out of the "cycle of worry" is to sit down in the presence of God and ask Him to bring to your mind the specific things you're worrying about. Name them, define them, and bring them into the light!

### **II. Take a Closer Look at Who and Where Your God Is**

Phil. 4:6 tells us to "be anxious for nothing," but we often miss what precedes this command just one verse earlier. In Phil. 4:5, we see the four important words: "The Lord is near."

We can't obey the command for long if we don't know who and where God is!

The radical God-centeredness of this passage crushes anxiety by reminding us we are not alone:

v. 4 "Rejoice **in the Lord** always..."

v. 5 "...the **Lord is near.**"

v. 6 "...let your requests be **made known to God.**"

v. 7 "...and the peace **of God**...will guard your hearts and minds **through Christ Jesus.**"

v. 9 "...and the **God of peace** will be with you."

“Central to worry is the illusion that we can control things. ‘If only I could get my retirement right, I could control the future.’ ‘If I could get my diet and medicine right, I wouldn’t get cancer.’ ‘If I could figure out the right childrearing technique, I could guarantee how my kids turn out.’ Worry assumes the possibility of control over the uncontrollable. The illusion of control lurks inside your anxiety. Anxiety and control are two sides of one coin. When we can’t control something, we worry about it.”

~ David Powlison, *Worry*

### III. Start Talking to God about #1 in Light of #2

**Philippians 4:6-7** “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

Pray to God about what you’re worried about—but do it in light of who He is.

Proper prayer infuses the presence of God back into the circumstance and puts God in the center of your prayer, not just on the edge.

In our prayers, there is a transaction that should take place. When we cry out for help, we should also give something to God. We praise Him as we remember who and where He is and we give Him the problem and leave it there!

**1 Peter 5:6-7** “Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, <sup>7</sup> casting all your care upon Him, for He cares for you.”

The presence of anxiety is directly related to the absence of humility. It’s only as you stop trying to be God that you can start being His child who is willing to cast your cares fully and freely on your Father!

The Greek word for “cast” is a word that means to “hurl” or use energetic force in tossing something away from you and onto something else.

As much as you complain about your anxieties, some of you would never want to hurl them away. You think keeping them close allows you to control the outcome, but all it does is weigh you down, burden you, and crush you.

**Psalms 37:25** “I have been young and now am old, yet I have not seen the righteous forsaken nor his children begging bread.”

“God, I choose to trust You.”