

Choosing ‘Thanks’ Over ‘Angst’

Philippians 4:6,7

Grace Fellowship Church / Pastor Peter LaRuffa / Nov 20, 2016

1. Choosing “thanks” over “angst” isn’t something that just happens, but a command to be obeyed. (Philip. 4:6a)

Philip. 4:6a ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Anxious people aren’t thankful people.

What does anxiety reveal about our hearts?

- (a) If we’re anxious, we want a different reality—so we’re not grateful for what God has given us..
- (b) If we’re anxious, we want to be in control, so we’re not grateful for God’s sovereign control over our lives.
- (c) If we’re anxious, we’re not thankful in advance for what God can and will do in our lives as a result of the trial we’re going through.

2. Choosing “thanks” over “angst” happens as a result of thankful prayer; not after, but while *in* the trial itself. (Philip. 4:6)

Philip. 4:6b ⁶ do not be anxious about anything, but in everything by prayer and supplication **with thanksgiving let your requests be made known to God.**

What does thankful prayer reveal about our hearts?

- (a) Thankful prayer shows we live by faith and not by sight (2 Cor. 5:7).
- (b) Thankful prayer shows we trust God because of what He’s done (Psa. 77:11).
- (c) Thankful prayer shows we believe God is going to do something good for His glory (Rom. 8:28).

3. Choosing “thanks” over “angst” brings about a peace that is *better* than having the answers we wish we knew. (Philip. 4:7)

Philip. 4:7 ⁷ **And the peace of God, which surpasses all understanding,** will guard your hearts and your minds in Christ Jesus.

What about *you*? What current trial would never cross your mind to be thankful for? What current trial are you waiting to make sure there is something to be thankful for? How will you change the way you think about and pray about the trial “with thanksgiving,” (Philip. 4:6)? Do you believe “the peace of God” is better than any understanding we could ever have?