

BIBLE BAPTIST CHURCH OF ERIE  
SERMON OUTLINE

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**“SEVEN STEPS TO OVERCOME WORRY  
AND HAVE PEACE IN YOUR LIFE”**

Philippians 4:4-9

If anybody had an excuse for worrying, it was the Apostle Paul. Yes, Paul had a good excuse to worry - **but he did not!** Instead, he took time to explain to us the secret of victory over worry. What is worry? The Greek word translated **“anxious”** (careful) in V-6 means **“to be pulled in different directions.”**

The Old English root from which we get our word "worry" means "to strangle." If you have ever really worried, you know how it does strangle a person! In fact, worry has definite physical consequences.

Paul goes right to the root of the problem of anxiety when he talks about **'your hearts and your minds'** (4:7). It is the heart and the mind which so easily, and so quickly, get out of control. Amen! Worry is **wrong thinking** (the mind) and **wrong feeling** (the heart) about circumstances, people, and things.

The antidote to worry is the **secure mind**: **“And the peace of God ... shall keep [garrison, guard like a soldier] your hearts and minds through Christ Jesus”** (Phil. 4:7). I find in our passage today steps for a positive mental attitude and here are the:

**“SEVEN STEPS TO OVERCOME WORRY  
AND HAVE PEACE IN YOUR LIFE.”**

**1. FIND YOUR JOY IN THE LORD V-4**

Now, find your joy not in circumstances, not in things, but in the Lord. Three times in this book we are commanded to “rejoice in the Lord” (2:18; 3:1; 4:4). Note also that the apostle’s words allow for no loopholes—**“always”**.

**2. PRACTICE THE PRESENCE OF THE LORD V-5**

**“moderation”** is **“gentleness”** (NKJV). When the apostle commanded the Philippians to 'let [their] gentleness be evident to all', he was using a word which has a very broad range of meaning. Reason why the Philippians were encouraged to **'let [their] gentleness be evident to all'** was that **'The Lord is near'** (4:5).

**3. REFUSE TO WORRY ABOUT ANYTHING V-6**

Now, this word **“careful”**- it literally means **“to be pulled apart.”**

Don't be pulled apart by anything. It comes from a Greek word which means **“to divide.”** Our English word **worry** means **“to strangle.”**

**4. BRING EVERYTHING TO GOD IN PRAYER V-6b**

Paul counsels us to take **“everything to God in prayer.”** **“Don't worry about anything, but pray about everything!”** Notice four aspects of prayer that should be present every time we pray. Prayer-Supplication- Thanksgiving – Requests.

**5. DEVELOP A THANKFUL SPIRIT Vs 6-7**

You see, I think when you learn to thank God in all things, that is the highest compliment we can give to our Heavenly Father. A thankful spirit will lead to **“the peace of God”** in your life V-7.

**6. PRACTICE POSITIVE THINKING V-8**

Long before Norman Vincent Peale wrote a book and lectured on the **“Power of Positive Thinking”**, the Bible was teaching that subject long ago. Paul spells out in detail the things we ought to think about as Christians. **Whatever is true - Whatever is honest and just - Whatever is pure, lovely, and of good report - Whatever possesses virtue and praise .**

**7. GET BUSY AND STAY BUSY v-9**

You cannot separate outward action and inward attitude. Paul balances four activities: "learned and received" and **“heard and seen.”** Paul preached what he practiced. Noble thoughts are of little value unless they are translated into deeds. Living surpasses learning; practice outshines preaching; living supersedes learning.

**“The peace of God”** is one test of whether or not we are in the will of God. God, through Jesus Christ, has made it possible for us to experience a worry-free, carefree life with deep peace in our hearts. It comes when we bow our knee and claim him as our Savior and Lord.