

Be Anxious for Nothing

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All Scripture quotations, unless otherwise noted, are from the King James Version. Italics for emphasis are ours.

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TABLE OF CONTENTS

<i>Introduction</i>	5
<i>Chapter 1</i>	6
<i>JOY STOLEN AWAY</i>	
<i>Chapter 2</i>	10
<i>REJOICE BY CHOICE</i>	
<i>Chapter 3</i>	14
<i>MAKE THE MOST OF MEDITATION</i>	
<i>CONCLUSION</i>	18

INTRODUCTION

The atmosphere in the satanic world system is organized to create confusion and frustration in our lives. The last thing Satan wants any Christian to experience is joy and peace, therefore he is hard at work, projecting the idea that everything is out of control.

No Christian deliberately lives in unbelief. We say that we trust God, and we think that we really do. Yet, when we allow anxiety and restlessness to reign, we reveal a lack of trust toward God and His Word.

This booklet contains simple truths that, when applied, will cause us to live consistently as overcomers. We serve the God who is in control of the universe. With our confidence in Him, details of life will not drag us down. Instead, we will develop minds that are stayed on the things of heaven.

Chapter One
JOY STOLEN AWAY

The church at Philippi seems to have been one of the apostle Paul's favorite churches. There is a deep sense of affection included in all of his epistles. But in the letter to the Philippians, Paul expresses a desire to fellowship with them—beyond that mentioned in the others. When writing to the Philippians, Paul does not refer to himself with the customary title of "apostle," as he does in the letters to the Thessalonians and to Philemon. He introduces himself simply as Paul, revealing a greater level of friendship and intimacy.

The city of Philippi is first mentioned in Acts 16:12. In 42 B.C., Philippi was a Roman colony. Paul suffered many trials in this city (1 Thessalonians 2:2). Still, after his third missionary journey, Paul settled in Philippi for a time to minister to the believers.

Each chapter of Philippians carries a theme.

Chapter one speaks of Christ as the life of the believer. Chapter two refers to Christ as the mind of the believer. Chapter three describes Christ as the prize of the believer. And, chapter four deals with Christ as the joy of the believer.

As with every church, certain weaknesses existed among those in the body at Philippi. Paul was particularly concerned over a group who were struggling with anxiety.

A Tool of Satan

Anxiety is a problem that many believers experience. Most of us have experienced it at one time or another. Anxiety is a painful or apprehensive uneasiness of mind, usually over an impending event. It is a concern that disturbs the mind and keeps it in a state of being anxious. Very often, anxiety is a manifestation of fear that springs from our not being in control of the unknown. This feeling of a lack of control affects our emotions. Associating itself with fear, anxiety can paralyze our capacity for faith and enjoyment of the Christian life. In short, anxiety is the opposite of faith-rest.

Satan consistently comes as a thief, trying to steal peace and joy from the believer. Anxiety is one of the tricks he uses to steal away our joy

(John 10:10). The devil will plant a stronghold (of fear, for example) in the unconscious mind (2 Corinthians 10:4-5). Anxiety then develops and usually leads to stress when a person doesn't realize that unbelief characterizes the problem.

Out of Control

No real Christian deliberately lives in unbelief. But we often make choices that reveal what we really believe: that God cannot take care of what is unknown to us. We are not in control, and that breeds feelings of anxiety.

At times, we desperately react and try to push ourselves back into control, attempting to act as God but with human solutions and carnal reasoning. Still, we find that we are not in control, and that unsettled feeling does not go away.

Multitudes of parents live in fear, characterized by restlessness, over the future of their children—especially their teenagers. The parents cannot control a child's behavior or spiritual decisions. Therefore, when a child strays into areas that are unknown and uncertain, something in a parent's heart becomes unsettled.

These unsettled feelings promote weariness and stir a restlessness that is dominated by fear. Fear produces feelings of insecurity. There may

be a desire to trust God, but the emotions find it very difficult to respond in confirmation to that faith. While the mind will do its best to use the knowledge of God for deliverance, the emotions fight that knowledge. Often, the result is that parents in this situation overreact to their children and try to control them. The knowledge of God, however, must become wisdom and life, or the believer will continue to be anxious.

Chapter Two
REJOICE BY CHOICE

“Rejoice in the Lord alway: and again I say, Rejoice.

“Let your moderation be known unto all men. The Lord is at hand.

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

“And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.” (Philippians 4:4-7).

Clinical reports show that anxiety plays a major role in many strange diseases. These are diseases that begin in the psyche, things on the outside bothering people on the inside. Circumstances are coupled with an overwhelming sense of despair, which causes friction in our lives.

Anything that moves creates friction—a condition that can be very productive for the Chris-

tian. People who go forward with God will experience friction as they encounter obstacles. According to Proverbs 27:17, "Iron sharpeneth iron; so a man sharpeneth the countenance of his friend." God will deliver us unto people who will rub us the wrong way, fine-tuning us as we become more like Him. Friction is not necessarily bad. It just depends on how the believer deals with it.

In the face of obstacles thrown at him by Satan, a person who feels that he does not have things under control is a person who does not trust God's adequacy. God is more than adequate if we will allow Him to be preeminent and to control all of our anxieties and fears. *He* tells us how to operate; *He* will direct our paths! (Proverbs 3:5-6).

Simple Supplication: A Choice to Rejoice

It is very important that we do not allow our problems to become rooted in anxiety. If we do, we will always think about the problem. We will always be crying out; hearing message after message from the pulpit, but feeling that they do not benefit us. We may feel as if God has no answer for our situation.

We need to make a choice to rejoice. Anxiety

takes away our joy. Anxiety robs us of faith. Anxiety robs us of praise and thanksgiving. The choice we must make is to be anxious for nothing and to make our requests known to God, trusting that He will answer and provide for us.

Sounds very simple, doesn't it?

This simple choice takes away negative vibrations, negative energy, and the stress signals that try to unsettle us. Our faith in God pulverizes the subjective enemies sent by Satan, who is a thief.

The Power of Thanksgiving

In our prayers and supplications, we can begin to hear what God says through the Holy Spirit: "I will be your life. I will be your joy. Be anxious for nothing. Whatever the need is, pray. Ask Me for what you need—and do it with an attitude of thanksgiving" (see Philippians 4:6-7).

Having an attitude of thanksgiving reveals that we trust God. But when we live in anxiety over things that cause us paralyzing, energy-sapping negativity, we reveal that we do not trust God for the victory. We become distant and begin to cut off our communication with Him. As the pressure mounts, our anxiety reveals that we have refused to choose divine positives for

the vibrations in the electrical system of our nerves and souls.

We all go through difficulties. Still, though we do not enjoy those times, we do not have to live in the negative effects. We need to pray for each other and honor one another through the royal law of love. We can help each other to get through and to overcome anxiety.

Chapter Three

MAKE THE MOST OF
MEDITATION

“I can do all things through Christ which strengtheneth me.

“Notwithstanding ye have well done, that ye did communicate with my affliction.

“Now ye Philippians know also, that in the beginning of the gospel, when I departed from Macedonia, no church communicated with me as concerning giving and receiving, but ye only.

“For even in Thessalonica ye sent once and again unto my necessity.

“Not because I desire a gift: but I desire fruit that may abound to your account.

“But I have all, and abound: I am full, having received of Epaphroditus the things which were sent from you, an odour of a sweet smell, a sacrifice acceptable, wellpleasing to God.

“But my God shall supply all your need according to his riches in glory by Christ Jesus.

“Now unto God and our Father be glory for ever and ever. Amen” (Philippians 4:13-20).

Meditating on the nature and promises of God is one of the most beautiful things we can do as believers. Godly meditation is reiteration and reflection on the Scriptures in the quietness of fellowship with the Spirit. It reveals a silent submission to the Promiser. Meditation helps me to realize my true need for God’s provisions and to take my daily needs to God, who will meet them all. Meditation also helps me to share in meeting the needs of others when I choose to live in a quiet state of submission, in humility, to God’s love for them.

When I practice meditation on the Word of God, His promises begin to counter anxiety, stress, and restlessness. Unsettled issues of fear are answered. Meditation comes against them all with the quickness of the Word of God.

“For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart” (Hebrews 4:12).

It isn’t what I can do that matters. It is what Christ has done. It isn’t what I can say, but what

Christ has said. Lingering stress and restlessness are answered because the Word of God is quick and powerful. That is how I get out of those self-destructive patterns. When I start believing in God's divine adequacy and I begin to think on the things that are true and lovely and of good report (Philippians 4:8): that is what makes all the difference.

Faithful Remembrances

"Grace be unto you, and peace, from God our Father, and from the Lord Jesus Christ.

"I thank my God upon every remembrance of you,

"Always in every prayer of mine for you all making request with joy,

"For your fellowship in the gospel from the first day until now;

"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:

"Even as it is meet for me to think this of you all, because I have you in my heart; inasmuch as both in my bonds, and in the defense and confirmation of the gospel, ye all are partakers of my grace" (Philippians 1:2-7).

It is quite a thing when I can say to you and

you can say to me: "I thank God for every remembrance of you." That is what I call a Finished Work outburst of love and of trust. It is the expression of fellowship in the church. In this passage, it is a term of endearment from Paul to the people at Philippi.

Paul had been thinking on the good things he remembered about those at Philippi. His meditations were sweet. He came to the place where he could thank God for every single thing that was going on in this church.

In this strange age of criticism in America, it would be hard for anyone to say of any church, "I thank God for every remembrance of you." Instead, "Well, I have seen some things I like and some things that I don't like. I do remember some good times, so I will try to dwell on those good things...." That is not a godly frame of mind at all.

Paul said, "I thank God for *every* remembrance of you." Why? Paul meditated on the Word of God and became released from his anxieties and fears. Restlessness and insecurity were overcome by the inspiration of faith in the God of love, the God Who cares—the God who will do it all when we allow Him to be God in our lives.

CONCLUSION

Anxiety is a feeling of uneasiness and agitation brought on by a fear that things are out of our control. When we are in a situation and we don't know what will happen, we feel frustrated. When a person is not in control of his life, he may love God, but he does not trust God.

Unintentionally, many of us attempt to play God, trying to solve our own problems in the energy of the flesh and ending up in frustration, in clouds of anxiety. We don't need to stay there. We just need to learn how to make a choice to rejoice and to think on the things that we have in Christ.

Whenever we start to feel anxious, consider these truths:

God always watches over us (Psalm 34:15). He always hears our prayers (1 Peter 3:12). He speaks to us through His precious Word (Deuteronomy 33:3). He supports us with His strong hands (John 10:28-29). He leads us by His

Holy Spirit (Romans 8:14).

Keep these things in mind, and not only will you defeat the one who wants to steal your joy, but also you will be filled to overflowing with joy unspeakable, full of glory (1 Peter 1:8).