

Valley Bible Church – Sermon Notes

Sermon Notes for January 11-12, 2003

Dale Whitehead

"Be Anxious For Nothing"

Philippians 4:6-7

What do we learn about anxiety from Philippians 4:6-7?

We learn that we are not to be anxious about anything.

Being anxious for nothing does not mean that we will be free of all care or concern (Philippians 2:19-20).

Being anxious for nothing does not mean that we will not feel pressure from our cares and concerns (2 Corinthians 11:23-28).

Being anxious for nothing means that though we might be concerned, we are not apprehensive or fearful about the matter for which we are concerned.

Anytime that we find ourselves becoming worried, apprehensive or feeling a sense of dread about any matter of this life we have fallen into the sin of worry.

We learn the solution to anxiety.

Whatever solution we find next week to the problem of anxiety in Philippians 4:6 that solution is rooted in the cross.