

## Don't Worry, Be Happy

Philippians 4; Coast Community Church; Pastor Earl Miles; 8-13-2023

### Don't Worry, Be Happy

#### *Different Kinds of 'Worriers'*

- Common Worriers*
- Circumstantial Worriers*
- Chronic Worriers*
- Condemning Worriers*
- Creative Worriers*

You could argue that 'don't worry, be happy' is a good summary of what Paul says in Philippians 4. But this would be true only if you understood the context and the content of what Paul says in this chapter.

1. **The Citizenship (1):** We are citizens of heaven. (Philippians 3:17-21)
2. **The Conflict (2-3):** True believers can be in conflict. (Acts 15:39)
3. **The Command (4):** Joy (Happiness in God) is to characterize our lives.
4. **The Counsel (5-9):** Anxiety must be fought through dependence on the God of peace.
5. **The Confidence #1 (10-14):** God promises us the power we need.
6. **The Confidence #2 (15-20):** God promises us the provision we need.
7. **The Conclusion (21-23):** God saves from sin by grace through faith in His Word.

### Application

- Definition:** Anxiety/worry is the *inner turmoil of distracting thoughts and feelings* that result from an *unbelieving heart divided between God's will and our will* because of a *desire to control the future in light of what we fear may or may not happen*. (Acts 16:16-18)
- *Is anxiety and fear and worry and nervousness the same?*

Fear is focused on the present (real or perceived as real) threats or dangers. Anxiety is focused on the future possible outcomes and whether the future will be what we want it to

be. Worry and anxiety are the same thing. Nervousness is one of the physiological stress responses to fear and anxiety in a particular situation.

- *Is all anxiety sinful?* (Philippians 2:20-21; Romans 8:19; 1 Corinthians 7:32-34; 12:25; 2 Corinthians 11:28; Luke 2:48; Jude 1:21)
- **Earthly Mindedness:** Anxiety can come from being too concerned about the things of this world. (4:1; 3:8, 20; Matthew 13:22; Luke 8:14; 21:34)
- **Conflict:** Anxiety can cause conflict in relationships. (4:2-3)
- **Joy Robber:** Anxiety robs us of our joy. (4:4-5; Philippians 1:25; Acts 16:25-26)
- **Forbidden:** We are commanded not to be anxious. (4:6; Matthew 6:24-34)
- **God of Peace:** The peace of God comes from experiencing the God of peace. (4:7, 9; Philippians 1:2, 6; Isaiah 41:10; John 14:25-27)
- **Prayer:** We are commanded to pray. (4:6; 1 Peter 5:6-9; Acts 16:11-15; Psalm 38:15; 42:11)
- **Word:** We are commanded to dwell on the Word. (4:8; Psalm 19:7-11; John 17:17; Colossians 3:15-16)
- **Obedience:** We are commanded to do what the Word tells us to do. (4:9; Philippians 2:5-8)
- **Promise of Power:** We are to trust the promise that Christ is sufficient for any and every circumstance we find ourselves. (4:13; Acts 16:22-24)
- **Promise of Provision:** We are to trust the promise that God will meet our needs for His glory and our good. (4:19; Matthew 10:19)
- **Grace through Faith:** Grace for dealing with anxiety comes from trusting and obeying God's Word. (4:21-23; Acts 16:27-34)
- **Fight Anxiety:** "Trust and love and do the next thing!" (Philippians 2:12-13; 3:12-14)

## Conclusion

In order to have the *peace of God* and enjoy the *God of peace*, you must have *peace with God* through faith in the Lord Jesus Christ! (Romans 5:1)