

Dealing With Anxiety

Philippians 4:4-8

The land of stars and stripes is now the land of stress & strife. Anxiety is physical response to fear. In many cases this is a medical issue, but God gives guidance.

Is it sin? Jesus had it. Philippians 4:6. Present active. Continuous.
The sin is letting it control you.

Celebrate God's Goodness

Rejoice in the Lord always. Again I will say, rejoice! Philippians 4:4

- A. Paul's situation: jail, impending death
- B. Place your focus on God and his goodness
 - Mt. 14:28-29, Psalm 121:1
 - Make a conscious decision to rejoice.
 - Make a list of ten good things in your life: our focus

Ask God For Help. (too tense)

Be anxious for nothing (present tense: be consumed by it) , but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God, Philippians 4:6

- A. Fear triggers prayer or despair: where is your faith?
Does Christ make a difference in your life?
- B. The Lord has offered to help you, make your prayers specific
Ps 50:15, Mt 7:7

Leave Concerns With God

And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus, Philippians 4:7

- A. Don't Try to Take God's Job
He is in charge, I am not. (Illustration of repair shop) Rev. 1:8
- B. God will take care of you
Mt 6:11 (Ex 16 gather too much), Mt. 6:34

Meditate on Good Things

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. Philippians 4:8

- A. May not control circumstances, you can control your thoughts
Ps 37:8, Dan 3:17-18
- B. Rise Above Situation
Habakkuk 2:4, Hebrews 11:6, Philippians 4:1

Social Media

Ephesians 4:29

Introduction: It is prevalent but Christians should be aware of what it does and its influence. Here are five principles.

I. It Influences You

It's a tool: not good or bad but a tool

If you don't pay for it then you're the product (advertiser)

Can certainly become an Idol: take time. 4:30 a day

II. Social media will influence who you are in life

Voting, Morality, fashion, source of news

Political parties, our teens, slant of news

Anxiety Mt. 6:25-34, addiction, covetous Col. 3:5

Cannot replace face to face interaction

Gen. 2:18 not good to be alone, Heb. 10:24-25

III. The world is a dangerous place

A. Pornography

28.5 billion views to one site, low estimate 15 billion

1 Cor. 6:18 flee sexual immorality

B. Trafficking

Location tracking can be used against you

Personal information used (neighbor)

IV. My posts reveal my heart in Christ

A. Words are important: cyber bullying

people protected behind screen: Eph. 4:29

B. Calm down, control emotions, take your time

James 1:19, Ecclesiastes 7:9

C. Is it helpful, Is it true, necessary, kind

V. Nothing is private, cannot delete

A. Who sees what you publish?

employers, church members, contacts

B. Boundaries are important