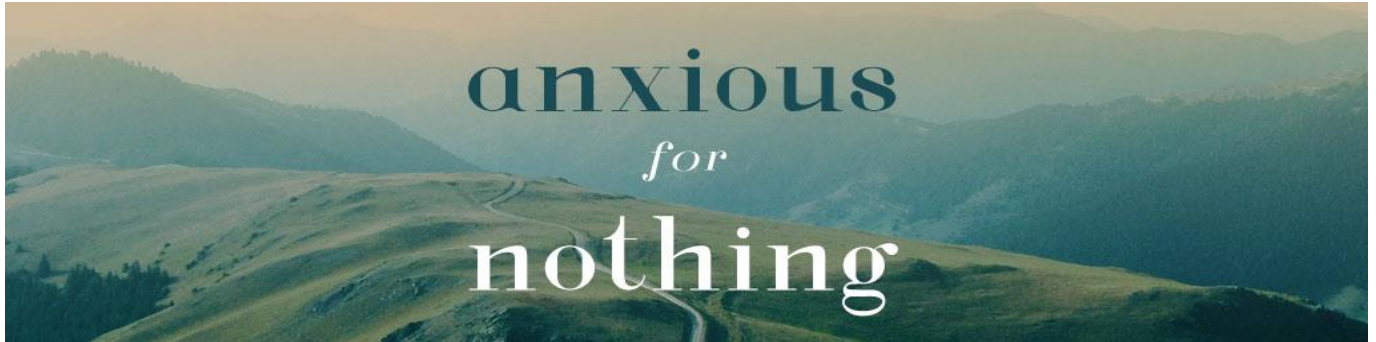




#4 – Anxious for Nothing

Pastor Shawn Peterson

[FoothillsBibleChurch.org/sermons](https://foothillsbiblechurch.org/sermons)



March 21, 2021
Think About Good Things
Philippians 4:8

Step 1: Always trust God because He is sovereign

Step 2: Pray about your concerns, with thanksgiving

Step 3: Think about good things

Philippians 4:4-9

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand;

⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Think about Good things

1 – What are these good things?

- **True** = Eternally true
- **Honorable** = Worthy of respect and honor
- **Just** = Perfect harmony with God's eternal, unchanging standards
- **Pure** = Free from stain



- **Lovely** = Behavior that is dear to someone
- **Commendable** = Someone who is highly respected
- **If there is any Excellence**
- **Worthy of praise**

"... think about these things"

Think = lock your thoughts

God's character

God's creation

God's work

2 - Is there a danger to not thinking about good things?

Proverbs 12:15

The way of a fool is right in his own eyes, but a wise man listens to advice.

2 Corinthians 10:5

... take every thought captive to obey Christ

Psalm 103:2

Bless the Lord, O my soul, and forget not all his benefits

Joshua 1:8

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Psalm 1:1-2

Blessed is the man

who walks not in the counsel of the wicked,

nor stands in the way of sinners,

nor sits in the seat of scoffers;

² but his delight is in the law of the Lord,

and on his law he meditates day and night.

1 Corinthians 14:20

²⁰ Brothers, do not be children in your thinking. Be infants in evil, but in your thinking be mature.

3 – Is there non-Biblical evidence this makes a difference?

4 – What is the result of good thinking?

Philippians 4:7

*And the **peace of God**, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.*

*Philippians 4:9 What you have learned and received and heard and see in me – practice these things, and **the God of peace** will be with you.*



Daniel 3:17-18

... our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of your hand, O king. ¹⁸ But if not, be it known to you, O king, that we will not serve your gods or worship the golden image that you have set up.

Romans 12:2

Do not be conformed to this world, but be transformed by the renewal of your mind

Transform = metamorpho

Passive voice = You are being acted upon

Growth Group Questions Think About Good Things

Philippians 4:8

FoothillsBibleChurch.org/growth-groups

Big Idea: Trust God, pray with thanksgiving and think about good things and your anxiety will melt away

Goal: Experience and share the freedom from anxiety that is available for every Christian.

Prepare

This week we are diving into Philippians 4:8 asking God to free us from anxiety through the Holy Spirit's power. The personal preparation time and discussion are meant to help us flesh out what we have learned through the sermon and apply it more thoroughly in our lives together.

Watch Pastor Shawn's sermon, *Think About Good Things*, noting anything memorable and impactful as you go. You can take notes in the FBC app if you would like.

Read Philippians 4:4-9, Daniel 3:8-25

Memorize and Recite Together: Philippians 4:6-7 "do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Pray Father, help us to experience and share the freedom from anxiety you offer people in Yourself.

Connect

1. Would you like to have the ability to read people's thoughts? Why or why not?

Discussion Take some time to personally reflect on these questions after viewing the sermon and before your G2. It could make for a great morning devotional time! You can type and save your responses in the FBC app privately if you would like.



1. Talk about your experience meditating on John 14:27 this week, particularly ways you are experiencing God's peace.

2. What did you learn about God and yourself from this sermon and passage and what would you like to see change in your life because of it?

Confront the Chaos

1. Where do your thoughts tend to go when you are not directing them intentionally and how do you tend to feel afterward?
 - a. What do you notice about your environment (outside influences, physical condition, etc.) when your thoughts lean more negatively or worldly?

 - b. Describe an experience where you took control of your thoughts. How naturally does this come to you?

2. Read Daniel 3:17-18 (refer to the surrounding context if needed). What situations have tempted or generally tempt you to compromise what you know is right?

Choose Calm

1. List examples of thoughts in line with each type of thought in Philippians 4:8.



2. How can you start your day in a way that places the source of your anxiety in proper perspective relative to God's character and power?

Meditate

1. As we wrap up the *Anxious For Nothing* series, spend some time reflecting on any change in your anxiety levels, how you are dealing with them (changes you've implemented and how they're helping you), and how your connection with God has changed this past month in a way which will help you rest in Him better going forward.

2. As a church we are memorizing Philippians 4:6-7 during this series. **Recite Philippians 4:6-7 together and daily through the week:** *"do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."*

Closing Prayer This prayer section is a guide to help you process with God what you have learned about Him and yourself through the sermon, personal preparation time, and discussion, then seek the Holy Spirit's power in applying it in your life. Sharing these responses in your G2 will help others gain insight into God and themselves while also helping and encouraging one another toward growth.

1. **Admire:** Praise God for His sovereignty, perfect wisdom, and love which allow you to fully rest peacefully in His presence in any situation.
2. **Admit:** Share things causing you anxiety right now. Pray thankfully through each response you can foresee from God in the situation.
3. **Aspire:** Take the time to bring anxieties before the Lord and pray, "Lord, I believe; help my unbelief!" (Mark 9:24). Pray expectantly for victory over the anxiety no matter how God chooses to respond.
4. **Ask:** Keep track of requests and celebrations from others in your G2 and pray for them.

