



Right and Wrong Kinds of Anxiety

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Philippians 4:6-9 (NASB 1995)

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Introduction





Introduction

- Right Kind

³² I want you to be free from anxieties. The unmarried man is anxious about the things of the Lord, how to please the Lord. ³³ But the married man is anxious about worldly things, how to please his wife, ³⁴ and his interests are divided. And the unmarried or betrothed woman is anxious about the things of the Lord, how to be holy in body and spirit. But the married woman is anxious about worldly things, how to please her husband.

²⁵ that there may be no division in the body, but that the members may have the same care for one another.

I Corinthians 7:32-34; 12:25 (ESV)



Introduction

- Wrong Kind

⁶ Be anxious for nothing, 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 comprehension, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. ⁹ The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

Philippians 4:6-9

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- Real peace is not the absence of conflict, but the presence of God.

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 3. Righteous things—righteous things are always consistent with holy things of God.

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 4. Pure things—pure refers to moral things, as opposed to trashy things.

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 5. Gracious things—the Greek term is translated “lovely” and “pleasing”. The implication is that we are to focus on whatever is kind or gracious, as opposed to being angry and grumpy all the time.

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 6. Praiseworthy things—In summary, Paul is saying, “Since there are so many excellent and worthy things out there, let’s focus on them.”

III. Practice righteously (vs.9)



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- The Greek term for “practice” (*prasso*) means action that is repetitious or continuous.

Conclusion





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- Wrong kind of anxiety can be devastating. So let this anxiety drive us to pray righteously, ponder righteously, practice righteously. In that order.