

JESUS REVOLUTION

PART 5

Phil 4:6-7

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 understanding, will guard your hearts and minds through Christ Jesus.

NKJV

Do you suffer from anxiety?

- Focus on “what if?”
- Feelings of panic
- Foggy mentally

Unchecked anxiety always leads to feelings of depression. In most cases, depression leads to an addiction to change how you feel.

Jesus said do not worry about tomorrow. (Matthew 6:25-34)

Paul admonished the church to be anxious for nothing in Phil. 4:6. This is a command. It is a sin to be anxious. Anxiety destroys our soul, our bodies, and our relationships.

Jesus promised his disciples an abundant life. (John 10:10).

This promise of abundant life includes anxious free living!

How do you win over anxiety?

You win over anxiety by exercising faith in Jesus to meet all of your material and spiritual needs!

- Faith in Jesus is developed over time.

When we receive Jesus we come to Him expecting Him to meet our need for eternal salvation from sin. We do not know Him very well. We do not know all of His promises. We do not expect Him to meet all of our material and spiritual needs. We are all given the same measure of faith when we are saved. It takes time to develop our faith.

Over time God uses difficult trials to develop our faith in Him. (1 Peter 1:6-9; James 1:2-4)

1 Peter 1:6-9

6 In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, 7 that the genuineness of your faith, being much more precious than gold that perishes, though it

is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ, 8 whom having not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory, 9 receiving the end of your faith — the salvation of your souls.
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James 1:2-4

2 My brethren, count it all joy when you fall into various trials, 3 knowing that the testing of your faith produces patience. 4 But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

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He is sovereign over all of our suffering even that which is self-inflicted. Every trial is an opportunity for our faith in Jesus to develop.

Faith is like a muscle. It must be exercised in order to grow. Faith is developed over time as we exercise our faith during trials.

- Faith in Jesus is developed with time.

During your trials there is one practical thing that you must do to develop your faith. You must make it your priority to spend time alone with Jesus and you must learn to pray in such a way that when you are done, you leave your time of prayer with the peace of God.

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In Luke 11 the disciples of Jesus saw Jesus this peace in Him. They also saw His courage and His contentment. They saw that prayer was a priority to Him for He would often slip off into the wilderness to be alone in prayer. They also concluded that this peace came from the way He prayed. So they asked Him to teach them to pray.

Luke 11:1-4

1 Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "Lord, teach us to pray, as John also taught his disciples."

2 So He said to them, "When you pray, say:

Our Father in heaven,

Hallowed be Your name.

Your kingdom come.

Your will be done

On earth as it is in heaven.

3 Give us day by day our daily bread.

4 And forgive us our sins,

For we also forgive everyone who is indebted to us.

And do not lead us into temptation,

But deliver us from the evil one."

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In this model prayer, Jesus taught His disciples everything you need to know about winning over anxiety.

- Worship God for who He is.
- Ask God to establish His kingdom.
- Ask God to supply your material needs.
- Ask God to forgive those who offend you.
- Ask God to deliver you from the evil one.
- Worship God for what He will do.

In Phil. 4:6, Paul called this kind of prayer worship with supplication and thanksgiving.

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Prayer=Worship God for who He is.

Supplication=Petition God for all of your material and spiritual needs.

Thanksgiving=Worship God for what He will do.

Prayer with Supplication and Thanksgiving causes you to transfer full responsibility to God for all of your material and spiritual needs.

Something extraordinary begins to happen in you when you choose to spend time alone with God in prayer and you learn the simple, profound secret of worship with supplication and thanksgiving.

You experience the peace of God that passes all understanding. (Phil. 4:6)

You experience the contentment of just being with Jesus. (Phil. 4:11-13)

You experience the boldness of the Holy Spirit. (Hebrews 13:5-6)

You experience the leadership of the Holy Spirit. (Luke 6:12-13)

Faith in Jesus is developed over time through trials. Faith in Jesus is developed with time praying in this way.

Many of you have never spent much time alone with Jesus praying in this way.

Some of you have spent a lot of time studying the bible by yourself and reading Christian books but you have never spent much time alone with Jesus praying in this way. Studying and reading is no substitute for time alone with Jesus. Your faith is not growing like it should. Will you start today spending time alone with Jesus and praying in this way?

Some of you depend on people rather than Jesus to meet all of your needs. When we endure trials and hardships our natural tendency is to depend on people. In our flesh we do not want to be alone. It is true that we should encourage one another when we go through difficult times. And the church needs to do a better job of caring for its own. We should do the very best job we can do to love one another. It is one of the reasons we have small groups.

But the problem with people is that they do not make a very good god.

- People are finite

They cannot always be with you.

People don't possess divine attributes.

People can have the best intentions and still they make a terrible god. Their loyalty and their ability to help you are so limited because they are finite.

In every relationship our loyalty is limited by circumstances that are beyond our control. We just can't always be there for someone! No one should ever say I will always be there for you.

In marriage we can only pledge ourselves to be loyal till death separates us.

In family we can only pledge ourselves to be loyal till death separates us.

In church membership we can only pledge ourselves to be loyal as long as God calls us to that church.

In friendship we can only pledge ourselves to be loyal as long as God calls us to that friendship.

Jesus is the only one who can promise to always be with us and He is the only one who has fathomless riches to meet all of our temporal and spiritual needs.

- People are sinners.

Prov. 20:6

6 Many a man proclaims his own loyalty,
But who can find a trustworthy man?

NASB

There are no perfect human beings. Even the most sincere Christians are developing their character.

You would be wise to choose to trust Jesus today to meet all of your temporal and spiritual needs rather than people or anything else.

Some of you are imposters in the church. You are welcome here but you truly do not belong here. You made a decision to receive Jesus due to peer pressure or for appearances. If He returned today He would say to you, "I never knew you." Will you stop being an imposter today? Will you receive Jesus?