

# ANXIOUS FOR NOTHING

## The Perspective of Praise

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<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:4-7 NIV**

**Perspective = How you see something**

### 1. Rejoice always

- We are called to rejoice in all situations
- Rejoicing is possible if we change our perspective

<sup>12</sup> And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. <sup>13</sup> For everyone here, including the whole palace guard, knows that I am in chains because of Christ. <sup>14</sup> And because of my imprisonment, most of the believers here have gained confidence and boldly speak God's message without fear. **Philippians 1:12-13 NLT**

<sup>22</sup> A mob quickly formed against Paul and Silas, and the city officials ordered them stripped and beaten with wooden rods. <sup>23</sup> They were severely beaten, and then they were thrown into prison. The jailer was ordered to make sure they didn't escape. <sup>24</sup> So the jailer put them into the inner dungeon and clamped their feet in the stocks. <sup>25</sup> Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening. <sup>26</sup> Suddenly, there was a massive earthquake, and the prison was shaken to its foundations. All the doors immediately flew open, and the chains of every prisoner fell off! **Acts 16:22-26 NLT**

### 2. Living with a perspective of praise

- Attitude
- Singing
- Uplifting words / Encouragement

#### Next Steps:

- Commit to "rejoice, rejoice" when problems grow and anxiety rises
- When I am struggling with anxiety, I will look beyond the problems and trust that God is working for good in my life
- Give praise to God the first time I'm anxious this week
- Read Philippians 1:12-13 and/or 4:4-7 this week
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