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## ANYTHING ?

Anxious about anything? Wondering how you're supposed to do what it says in Philippians 4:4-5, **"Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything."**

We often quote this verse to others, but probably have trouble doing what it says for ourselves. Let's unpack it to learn five things about putting it into practice.

**FIRST, rejoice in the Lord.** If you're rejoicing, you can't be complaining, worrying, moping, grumbling, gossiping, mistreating others, or mistrusting the Lord. Get your priorities straight. It's all about the Lord - He is how you can overcome everything else.

**SECOND, be reasonable.** This echoes verses 1-3 where Paul said "agree in the Lord." Don't get carried away with emotion as you think things through. "Reasonableness" flows from an attitude of the "mind of Christ" - a theme of the letter to the Philippians. Reasonableness is obvious, because it's so unusual. But it's what you can experience if you trust the Lord instead of fussing in your own strength.

**THIRD, remember the Lord is with you.** If you trust Christ as Lord and Savior, the Bible describes you as in "union with Christ." That's how near He is! Christ Himself in you, and you in Him. That's how you can act with the mind of Christ, as Paul encourages you throughout this letter to the Philippians.

**FOURTH, replace anxious thoughts with prayers.** Christ is your real life, so don't be controlled by emotions, which are manipulated by the world, the flesh, and the devil. Don't let wicked or whimsical capriciousness of circumstances rule in your heart and mind. Instead, live according to the "mind of Christ" as informed by the truth of His Word, the Bible.

Verse 5, **"Do not be anxious about anything"** is explained in verse 6, **"but in everything by prayer and supplication with thanksgiving let your requests be made known to God."** You can't not think about something. Try to "not" think about the donuts you aren't supposed to eat. That's all you can think about!

That's why Paul tells you to replace your thoughts about things that make you anxious. Everything means "every" thing. Turn ALL your thoughts into prayer. "Prayer" is talking and listening to God about everything, so that your mind and heart come into agreement with the mind of Christ.

"Supplication" is when a needy person talks to the Lord about their needs. "Thanksgiving" is your attitude as you kneel before the throne of grace of the King of Kings, who knows all things and for Whom nothing is impossible, and Who personally cares for you. "Requests" are specifics of prayer, asking the Lord for what you want, as you tell Him all you're thinking and feeling, all that's on your mind and heart.

**FIFTH, rest in the Lord.** Turn anxious thoughts into prayers, and leave them with the only One who can deal with them. Verse 7 tells the amazing thing that happens when you turn everything over to Him. **"And the peace of God, which surpasses all understanding, WILL guard your hearts and your minds in Christ Jesus."** That's a promise!

Peace is the opposite of anxiety. You can have peace in spite of what makes you anxious, by trusting the only One greater than you, to act on your behalf. The One who knows what you really need, when you need it, and how He will bring it about, as you trust Him.

Christ's promise for supernatural peace comes true as you recognize that you're in the hands of the all-knowing all-powerful all-loving God of the Universe. He knows all about your situation, and what to do. He knows everything that makes you anxious. And He knows how you can have peace by trusting Him.

His peace will "guard" your heart and mind better than any armor or army. His peace in the midst of trouble speaks volumes to people around you, and allows you to show others how to really trust Christ. That's "real life" - and I pray His peace is true of you, as you trust in the Lord Jesus Christ.