

## V. SEASON YOUR PRAYERS WITH GRATITUDE

*“<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, **with thanksgiving**, let your requests be made known to God;”*  
Philippians 4:6

### A. Gratitude and anxiety cannot coexist.

*“<sup>20</sup> giving thanks always for all things to God the Father in the name of our Lord Jesus Christ,”*  
Ephesians 5:20

### B. Gratitude is expressing appreciation the benefits given to you by God.

*“<sup>1</sup> Bless the LORD, O my soul; and all that is within me, bless His holy name!  
<sup>2</sup> Bless the LORD, O my soul, and forget not all His benefits:”*  
Psalm 103:1-2

## VI. LEAVE IT WITH GOD

*“<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;”*  
Philippians 4:6

*“<sup>6</sup> Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,  
<sup>7</sup> casting all your care upon Him, for He cares for you.”*  
I Peter 5:6

## FIGHT ON YOUR KNEES

*“<sup>13</sup> Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.”* Romans 15:13

## ANXIOUS FOR NOTHING

### Fight On Your Knees Pastor Steve Reynolds

#### Introduction:

#### A. Nervous. Tense. Paralyzed by worries.

You weren't created to live overwhelmed by anxiety. It drains your joy and leaves you stressed, burned out, and exhausted. Your purpose isn't living in fear. It's time to fight back and live free!

Join Pastor Steve Reynolds as he declares war on anxiety! Let him guide you through Philippians 4:4-9 which reveals a battle plan to win over worry and experience peace. This Bible passage, written by the Apostle Paul while in prison, contains six verses with six calming steps that lead to one wonderful promise,

*“<sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”*  
Philippians 4:7

#### B. Attend the Anxious For Nothing Spiritual Growth Campaign and Teaching Series and step boldly into the peace you will find when you Anxious For Nothing.

Oct 13	The Anxious Generation
Oct 20	Arm Yourself With Joy
Oct 27	Trust Your Commander In Chief
TODAY	Fight On Your Knees
Nov 10	Win The Battle For Your Mind
Nov 17	Assemble Your Army
Noc 24	Defeat Negativity With Thanksgiving
Dec 1	God's Peace, Your Peace

#### C. TEXT: Philippians 4:4-9

- The title for our teaching series comes from Philippians 4:6a, “Be anxious for nothing.”
- The Greek word translated “anxious” means to be pulled in different directions.

## HOW TO FIGHT ON YOUR KNEES

*“<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;”* Philippians 4:6

Anxiety Thought #3: Anxiety is an alert that it is time to pray.

### I. PRAYER IS TALKING TO GOD

*“<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, **let your requests be made known to God;**”* Philippians 4:6

A. You have been invited to come to Him.

*“<sup>28</sup> Come to Me, all you who labor and are heavy laden, and I will give you rest.”* Matthew 11:28

B. Remember the greatness of God when you talk with Him.

*“<sup>27</sup> Behold, I am the LORD, the God of all flesh. Is there anything too hard for Me?”* Jeremiah 32:27

### II. CHOOSE PRAYER OVER DESPAIR

*“<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;”* Philippians 4:6

A. Worry about nothing.

*“Cast your burden on the LORD, and He shall sustain you; He shall never permit the righteous to be moved.”* Psalm 55:22

B. The pathway to peace is paved with prayer.

*“<sup>16</sup> Now may the Lord of peace Himself give you peace always in every way. The Lord be with you all.”* II Thessalonians 3:16

### III. ASK FOR HEAVEN’S HELP FOR EVERYTHING

*“<sup>6</sup> Be anxious for nothing, but in **everything** by prayer and supplication, with thanksgiving, let your requests be made known to God;”* Philippians 4:6

A. God is concerned about every detail of your life.

*“<sup>7</sup> But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows.”* Luke 12:7

B. You can literally talk to God about anything and everything.

*“<sup>1</sup> Then He spoke a parable to them, that men always ought to pray and not lose heart,”* Luke 18:1

### IV. MAKE SPECIFIC REQUESTS TO GOD

*“<sup>6</sup> Be anxious for nothing, but in everything by **prayer and supplication**, with thanksgiving, let your requests be made known to God;”* Philippians 4:6

A. The word “prayer” is a general term which would include praise.

*“<sup>6</sup> Let everything that has breath praise the LORD. Praise the LORD!”* Psalm 150:6

*“<sup>3</sup> Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, <sup>4</sup> who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.”*

II Corinthians 1:3-4

B. The word “supplication” is a term for specific prayer.

*“<sup>40</sup> So Jesus stood still and commanded him to be brought to Him. And when he had come near, He asked him, <sup>41</sup> saying, “What do you want Me to do for you?””* Luke 18:40-41