

B. The standard of your thought life.

- Is it true?
- Is it honest?
- Is it just?
- Is it pure?
- Is it lovely?
- Is it of good report?

² *"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."*
Romans 12:2

IV. OBEY CONSTANTLY

⁹ *"The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you."*
Philippians 4:9

Do good and you will feel good.

A. Disobedience produces worry.

¹⁵ *"Good understanding gains favor, but the way of the unfaithful is hard."*
Proverbs 13:15

⁵ *"And you have forgotten the exhortation which speaks to you as to sons: 'My son, do not despise the chastening of the LORD, nor be discouraged when you are rebuked by Him;*

⁶ *For whom the LORD loves He chastens, and scourges every son whom He receives.'" Hebrews 12:5-6*

B. Obedience produces peace.

¹ *"Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,"*
Romans 5:1

¹⁶⁵ *"Great peace have those who love Your law, and nothing causes them to stumble." Psalm 119:165*

ESCAPE THE TEMPTATION OF WORRY

ESCAPING TEMPTATION
Escaping The Temptation Of Worry
Pastor Steve Reynolds

Introduction:

A. Do you struggle with persistent temptations?

Temptation touches every life, often leaving us feeling weary, discouraged, or alone. Yet God speaks hope into our struggle through His Word:

"No temptation has overtaken you except such is common to man; but God is faithful, who will not allow you be tempted beyond what you are able, but with the temptation will also make a way of escape, that you may be able to bear it" (1 Corinthians 10:13).

A brief theology of temptation:

- It is not a sin to be tempted.
- We face common temptations.
- There is always a way to escape temptation.

B. In this Escaping Temptation teaching series, we will explore how God meets us in our weakness, strengthens us through His faithfulness, and lovingly guides us toward the way of escape restoring our confidence, renewing our hearts, and leading us into freedom.

Feb 22	Escaping The Temptation Of Lust
TODAY	Escaping The Temptation Of Worry
March 8	Escaping The Temptation Of Procrastination
March 15	Escaping The Temptation Of Anger
March 22	Escaping The Temptation Of Social Media
March 29	Finding Hope When You Don't Escape

TEXT: Philippians 4:6-9

The Apostle Paul gives specific guidance on how to escape the temptation of worry.

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

HOW TO ESCAPE THE TEMPTATION OF WORRY

I. TRUST COMPLETELY

⁶ *"Be anxious for nothing..."* Philippians 4:6a

Worry is carrying a burden that God never intended for you to bear.

A. The cause of most worry is a lack of faith.

²⁵ *"And which of you by worrying can add one cubit to his stature?"*

²⁶ *"If you then are not able to do the least, why are you anxious for the rest?"*

²⁷ *"Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these."*

²⁸ *"If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more will He clothe you, O you of little faith?"*

Luke 12:25-28

⁵ *"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him."*

⁶ *"But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind."*

⁷ *"For let not that man suppose that he will receive anything from the Lord;"*

⁸ *"he is a double-minded man, unstable in all his ways."*

James 1:5-8

B. Faith removes worry.

³ *"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."*

⁴ *"Trust in the LORD forever, for in YAH, the LORD, is everlasting strength."*

Isaiah 26:3-4

II. PRAY CONTINUALLY

⁶ *"...but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."*

Philippians 4:6b-7

When worry pushes you to your knees, you are in a perfect position to pray.

A. Don't panic...do pray.

¹⁷ *"pray without ceasing,"* I Thessalonians 5:17

²² *"Cast your burden on the LORD, and He shall sustain you..."*

Psalm 55:22a

⁷ *"casting all your care upon Him, for He cares for you."*

I Peter 5:7

B. Pray specifically about everything with thanksgiving.

² *"Continue earnestly in prayer, being vigilant in it with thanksgiving;"*

Colossians 4:2

III. THINK CORRECTLY

⁸ *"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."*

Philippians 4:8

Stinking thinking leads to worry.

A. The significance of your thought life.

⁷ *"For as he thinks in his heart, so is he..."*

Proverbs 23:7a

⁵ *"casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,"*

II Corinthians 10:5