

P.M. OUTLINE  
7/10/2016

ANXIETY

(Philippians 4:4-9)

INTRODUCTION

**Serenity Prayer** - "Lord, help me to change the things I can, accept the things I cannot change, and the wisdom to know the difference. Amen."

"Anxious" - worry that hinders progress; worry that takes us away from being productive.

"Productive anxiety" - causes us to take right action; preventive action; do something.

PRACTICAL ADMONITIONS

1. LEARN CONTENTMENT - comes from knowledge and experience.

**Finances** - (Phil. 4:11) "... I have learned ... "

(1 Timothy 6:6, v8; Hebrews 13:5; Luke 3:13-14)  
Don't allow discontent to lead you into law-breaking.

**Talents and opportunities** - don't fume and fret over what you cannot do.

(1 Cor. 4:2; 2 Cor. 10:12; Acts 11:29-30; 2 Cor. 8:12)  
You do what you can do.

2. LEARN TO LIVE ONE DAY AT A TIME

(Matthew 6:34) "do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."

**10 year old boy** figured out how many times he would have to tie his shoes if he lived to be 80 years old. He bought slip-ons.

3. LEARN TO KEEP BUSY

**Old saying**, "Idle hands are the devil's workshop."

**Work** as if everything depended on you, **pray** as if everything depended on God.

4. LEARN TO MAKE HARDSHIP A BLESSING

(2 Cor. 12:7) "... a thorn in the flesh was given to me ... "

(v8) "I pleaded with the Lord" (v9) "My grace is sufficient for you"  
(v10) "For when I am weak, then I am strong" (v14) "I am ready to come to you"

**In life**, out of many tragedies come foundations, volunteers, MADD, support groups ...

5. LEARN TO SEE GOD AS YOUR PARTNER - (1 Cor. 3:9; 15:10; 1 Peter 5:7)