

**The Book of Philippians**  
Chapter 4, Part 1 Verses 1-9  
**“Be Anxious For Nothing”**

**Are you a Thermometer or a Thermostat?**

A **Thermometer** doesn't change anything that is around it. A Thermometer adjusts itself to what is happening.

A Thermometer shows the temperature surrounding it. A Thermometer is always going up and down depending upon its environment.

A **Thermostat** on the other hand, changes the environment around it whenever it needs to be changed.

**Are you a Thermometer that changes up or down depending on what is happening around you in your life?**

Or are you a Thermostat. You don't let what is going on around you change you. Instead what is going on around you is changed by you.

There are some people that even when everything going on around them is stressful, they always seem to be calm. By being calm, they have a calming effect upon everyone else.

That is why David could write in the Psalms: **“A Soft answer turns away anger...”**

In chapter 4 of Philippians, Paul is going to teach us through the Holy Spirit, how to be a Thermostat, how to not be changed by what is going on around us, but instead to change those who are in our presence, by our calmness and peace.

One of those things that we need to learn to be a Thermostat in, is the subject of WORRY.

**Now since I know that none of you ever worry about anything, this may be a boring study to you!**

If any person had the right to worry, it was Paul, he had the responsibility of overseeing all of the new churches that were being started.

As chapter 4 of Philippians begins this morning, there were apparently two sisters in the Lord, **Euodia** and **Syntyche**, it appears that, had some kind of disagreement with each other.

**We have no idea what these two sister were arguing about, what we do know is how Paul handled the whole situation:**

1. **Whatever this disagreement was**, it was causing division in the church. Rest assured, anytime we allow disagreements to take place in Jesus church, it will never have a good outcome.
2. **Division in Jesus church** is caused when believers are arguing over something where they just have to have their viewpoint or opinion heard in.
3. **The enemy loves to use disagreements**, to tear believers and churches apart, and sometimes, even destroy them.
4. **What is supposed to happen**, is that if we are a believer and follower of Jesus, we are supposed to consider the opinion or concern of another believer, as **“More important than our own.”**

### **Philippians 2:3**

3 Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.

### **Philippians 4:3**

3 And I urge you also, true companion, help these women who labored with me in the gospel, with Clement also, and the rest of my fellow workers, **whose names are in the Book of Life.**

**It appears from the scripture that there are many different kinds of books that the Lord keeps in heaven as records of things that happen here on the earth.**

1. **“Book of genealogy”** (Genesis 5:1)
2. **“Book of the Covenant”** (Exodus 24:7)
3. **“Book of the Wars of the Lord.”** (Numbers 21:14)
4. **“Book of The Law”** (Deuteronomy 28:61)
5. **“Book of Jasher”** (Joshua 10:13) *“Sun stood still for a day”*
6. **“Book of Remembrance”** (Malachi 3:16) *“Records of those who fear the Lord and those who meditate on His Name”*
7. **“Book of Life”** or The Lambs Book of Life (Psalm 69:28, Phil 4:3, 8 Times in the Book of Revelation)

Here in Philippians 4:3, Paul refers to **Euodia** and **Syntyche** as having their names written in the Book of Life.

In Exodus chapter 32, after Moses had come down from the mountain with the tablets of Gods law, the people had already forgotten the Lord.

1. **When Moses saw what the people had done**, he went before the Lord to intercede for them.
2. **Moses asked the Lord** to forgive their sin, then he said something very interesting...

### **Exodus 32:31-33**

31 Then Moses returned to the Lord and said, “Oh, these people have committed a great sin, and have made for themselves a god of gold!

32 Yet now, **will (You) forgive their sin, but if not, I pray, blot me out of Your book which you have written”.**

33 And the Lord said to Moses, “Whoever has sinned against me, I will blot him out of My book...”

**It appears that every person that has ever been born** is entered into His “**Book of Life**”. If during their lifetime they never accept Gods offer of forgiveness for their sin, based upon Jesus sacrifice, then their name is “**Blotted out of the Book of Life**”.

### **Philippians 4:4-5**

4 Rejoice in the Lord always. Again I will say, rejoice!

5 **Let your gentleness be known to all men.** The Lord is at hand.

What do people know us by, **our gentleness or our harshness?**

1. **Because we belong to Jesus,** we are to be seeking to act like He acted.
2. **Jesus knows how people are,** how **proud**, how **hard headed**, how **hard hearted** and **selfish** we all are.
3. **In spite of this, He is still very gracious to us.**
4. **He shows us kindness** and gentleness.
5. **He shows us Mercy,** which means, **He doesn't give us what we really deserve.**
6. **I have said it many times before,** THE BIGGEST MYSTERY TO ME IS THAT HE DOESN'T JUST BE DONE WITH ALL OF US AND THROW ME, AND ALL OF US INTO THE LAKE OF FIRE.
7. **This is His mercy, He does not give us what we really deserve.**
8. **For this reason,** we are to give the same mercy to everyone in our life.
9. **Yes, trust me I know,** people don't deserve mercy, they deserve a swift kick in the rear end, starting with me.
10. **We are to give mercy to everyone in our life.** And by it's very nature, Mercy is not deserved.
11. **We give mercy to people, because Jesus gave us mercy.**

So, “**Let your gentleness be known to all men...**”

**And if you find it very hard to give people mercy, you better get over it quick, because this was not a suggestion by Jesus, we are commanded to give mercy**

But, the subject that the Holy Spirit is teaching us about this morning, is WORRY.

**There are only 2 things that a Christian should ever worry about:**

1. **The things that you can change,** in this case get busy and do something about it instead of worry.
2. **Those things that you cannot change,** in this case, prayer is the only answer.

### **Psalms 55:22**

22 Cast your burden on the LORD, And He shall sustain you; He shall never permit the righteous to be moved.

- **Prayer does not always change your situation,** but prayer will always change you.
- **We are never in control of what happens around us,** but we are in control over how we react to what happens around us.

- **If we pray instead of worry**, our situation may not change, but we will change on the inside, so that we can have peace in every situation.

This will be one of the main subjects that we cover this morning in Philippians 4

### **Philippians 4:6-7**

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

7 and **the peace of God, which surpasses all understanding, will guard your hearts and minds** through Christ Jesus.

The Greek word that was translated "Anxious" NT:3309 "**Merimnao**" (**mer-im-nah'-o**) here in verse 6, means "**To be pulled in different directions.**"

1. **If we hope or trust in Jesus**, this pulls us in one direction.
2. **If we allow fear to come in**, this will pull us in another direction.
3. **The result are** that we will begin to be "**Pulled Apart**" on the inside.
  - **The Old English root** from where we get our word "Worry" means "**to strangle.**"
  - **If you have ever really worried about something**, then you know how it can make you feel like you are being "**STRANGLER**".
  - **We know today**, that from a medical view, worry has definite physical consequences: headaches, neck pains, ulcers, even back pains. Worry can effect our thinking, our digestion, and even our coordination.
    1. **From a spiritual view**, Worry is wrong because it effects our mind and heart, by getting our focus off of Jesus and onto our problems.
    2. **When this happens, we tend to want to move from Trust in the Lord to make it all turn out according to HIS WILL.** To us taking over and working it all out according to our own understanding, which always has disastrous results.

### **Back in Philippians 4:6. where it says:**

7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

The idea that the original Greek language was trying to convey here was a military term.

1. **“Guard Your Heart”**, means to **“GARRISON”**, A Garrison is a place where troops are stationed around a particular area to protect and defend.
2. **Here then, “The Peace of God”**, knowing Jesus, and that He is the ONE that is really in control of every circumstance, is what gives us peace.
3. **This Knowledge** of His power over our situations, will **“PROTECT”**, **“GUARD”**, **“GARRISON”**, our heart and mind.

### **Philippians 4:6-7**

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

7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

When our mind is secure because we trust that Jesus is working every second of our life, then this peace is what will guide us, **so why should we worry?**

**In order to always have peace in every situation that comes up, verses 8 and 9 tell us next what we have to do first:**

### **Philippians 4:8**

8 **Meditate on These Things** (Be anxious for nothing, but in everything **by prayer** and **supplication**, with **thanksgiving**, let your requests be made known to God)

**So, because this subject of WORRY is so important to all of us, lets recap what we have learned so far:**

In “**How to handle Worry the right way**”, we should do 3 different things: (Verse 6) “**Prayer, supplication, and Thanksgiving**”.

1. **Prayer:** Meaning, Just letting the Lord know what you need, talk to him like you would any friend who is right there with you.
2. **Whenever we start to feel** like we are going to worry about something, the first thing we should do is go somewhere quiet so we can be alone with Jesus, and just begin to WORSHIP HIM.
3. **If we do not see how great**, how awesome and mighty He is. That He is big enough to solve our problems, then we are already defeated.
4. **When we come into His presence, and begin to worship Him for who He is**, and acknowledge before Him that nothing is too hard for Him, immediately we will feel our self calm down.
5. **Too often we rush to the Lord** to tell him about our need, before we have just worshipped Him, adore Him, and Remember who He is.

**Next is “Supplication”, this is an old term that most of us today are not familiar with.**

1. **Supplication in prayer, is not using many words, or praying the same words over and over again.** Imagine if you are hearing one of those prayers that is a repetition of the same words and phrases repeated over and over again. I bet that just drives the Lord crazy. We forget that we are talking to a Person. How would you like someone coming to you to ask you for something and just repeating the same thing to you over and over dozens of times?
2. **Supplication then is intensity**, sincerity, honesty, having a passion about speaking to the Lord, not how many words you say.

### **Matthew 6:7-8**

7 And when you pray, **do not use vain repetitions** as the heathen do. For they think that they will be heard for their many words.

8 "Therefore do not be like them. For **your Father knows the things you have need of before you ask Him.**

**Supplication is sincerity and intensity. When Jesus was praying for you in the garden of Gethsemane, so intense was His prayer for you that He sweat drops of blood through his sweat glands...**

### **Colossians 4:12-13**

12 **Epaphras**, who is one of you, a bondservant of Christ, greets you, **always laboring fervently for you in prayers,** that you may stand perfect and complete in all the will of God.

13 For I bear him witness that **he has a great zeal** for you,

Next, after we have "WORSHIPPED" the Lord, been "SINCERE" and "PASSIONATE" in our speaking to the Lord, comes "APPRECIATION".

1. **Doesn't it just bless your heart** when people notice that you helped them? Aren't you blessed when people just say "Thank You"?
2. **Imagine then how much it means to the Father** when we just realize that everything that we have in our life is a gift from Him, and we say "Thank You"!

### **James 1:17**

17 **Every good gift and every perfect gift is from above,** and comes down from the Father of lights, with whom there is no variation or shadow of turning.

One of the signs of the last days, is that people will no longer be thankful to the Lord for all that he Has done for them...

### **2 Timothy 3:1-4**

1 But know this, that **in the last days** perilous times will come:

2 For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, **unthankful**, unholy,

3 unloving, unforgiving, slanderers, without self-control, brutal, despisers of good,

4 traitors, headstrong, haughty, lovers of pleasure rather than lovers of God

### **Romans 1:21**

21 ...because, although they knew God, **they did not glorify Him as God, nor were thankful...**

**In the book of Luke, chapter 17**, ten lepers came to Jesus to ask Him for healing. Jesus healed every one of them, but only one out of the ten came back to Him to thank Him for what He had done for them

### **Luke 17:11-20**

11 Now it happened as He went to Jerusalem that He passed through the midst of Samaria and Galilee.

12 Then as He entered a certain village, **there met Him ten men who were lepers,** who stood afar off.

13 And they lifted up their voices and said, "**Jesus, Master, have mercy on us!**"

14 So when He saw them, He said to them, "Go, show yourselves to the priests." And so it was that as they went, they were cleansed.

15 And **one of them, when he saw that he was healed, returned**, and with a loud voice glorified God,

16 and **fell down on his face at His feet, giving Him thanks**. And **he was a Samaritan**.

17 So Jesus answered and said, "**Were there not ten cleansed? But where are the nine?**

18 Were there not any found who returned to give glory to God except this foreigner?"

19 And He said to him, "Arise, go your way. Your faith has made you well."

**I believe also, that this verse in Luke chapter 17 is a hint for us about how many who hear and receive Jesus offer of forgiveness and eternal life, will actually remain with Jesus, be saved. ABOUT 1 IN 10**

1. **In chapter 1 of Philippians**, we learned about truly believing when we speak to the Lord in prayer, not doubting, but coming to Him in faith. (Verse 6: "**Being confident of this very thing, that He who has began a good work in you, will complete it until the day of Jesus Christ**")
2. **In Philippians chapter 2**, we learned to humble ourselves, submit our mind to Jesus in prayer, let Him transform our thought process. (Verses 2, 3, 5,7,8 ...**fulfill my joy by being like-minded... Let this mind be in you which was also in Christ Jesus, but made Himself of no reputation... taking the form of a bondservant...He humbled Himself...**)
3. **In Philippians chapter 3**, The Holy Spirit taught us to pray according to the Spirit, thinking the way the Lord thinks, not having any confidence in our own understanding, not thinking the way our flesh thinks. (Verses 3, 12 ...**worship God in the Spirit, rejoice in Christ Jesus, and have no confidence in the flesh... Not that I have already attained, or am already perfected; but I press on...**)
4. **In Philippians chapter 4** this morning, we are taught the right way to pray; First enter His presence with WORSHIP, next be SERIOUS, sincere and passionate when we speak to the Lord, and finally be THANKFUL for all that He does for us. (Verse 6 **Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God...**)

And if we can do these things, then verse 7 will become true for us...

### **Philippians 4:6-7**

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

7 and **the peace of God, which surpasses all understanding, will guard your hearts and minds** through Christ Jesus.

**Were you listening to what the Holy Spirit said?**

1. **Be anxious for nothing**, in other words "STOP WORRYING".
2. **Instead, pray about it!** Get away to some quiet place alone with Jesus.
3. **Worship Him.**
4. **Pray fervently**, seriously.

5. **Thank Him** for what He has already done, and for what you know He will do as you have now asked Him to help you.
6. **Then the peace that is unexplainable**, that which surpasses our human understanding, will guard and protect your heart and mind.
7. **If we do not take worry to the Lord in prayer**, it will eat us up.

There is a story of a pilot who was making a flight around the world. When he was just 2 hours into the flight he heard a noise coming from somewhere inside one of the wiring panels of the plane.

He recognized the sound as that of a rat gnawing on a cable or wire of the plane.

If the rat ate through the right wire or cable, the pilot might lose control of the plane and crash.

At that moment he felt both concerned and anxious

Still or than 2 hours till his next scheduled stop, he remembered that the rat is a creature of the earth, not the skies.

Gradually he ascended in altitude 1,000 feet, then another 1,000 feet, until he had climbed to 20,000 feet.

Suddenly the gnawing stopped. The rat could not survive in that atmosphere.

The pilot made his scheduled stop, landing safely.

**WORRY IS A RAT** It cannot live in the secret place of the most high God

It cannot breathe in the atmosphere of prayer and thanksgiving.

Worry dies when it comes into the presence of Jesus

### **Philippians 4:6-7**

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7 and **the peace of God, which surpasses all understanding, will guard your hearts and minds** through Christ Jesus.

### **Isaiah 26:3**

3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

**Someone wisely once said something that is the point of everything we are talking about:**

"Sow a THOUGHT, reap an ACTION. Sow an ACTION, reap a HABIT. Sow a HABIT, reap a CHARACTER. Sow a CHARACTER, reap a FUTURE!"

One of the biggest battles that we face as followers of Jesus, is the battles that happen in our mind.

## **The battles of Worry or Peace. Fear or Confidence. Joy or Turmoil**

### **2 Corinthians 10:5**

...bringing every thought into captivity to the obedience of Christ,

**Dr. Walter Cavert** reported a survey on worry that indicated that only 8 percent of the things people worried about were legitimate matters of concern! The other 92 percent were either imaginary, never happened, or involved matters over which the people had no control anyway.

**We need to change the way that we think.**

**The only way that this is possible, is by changing the things that we think about and the things that we allow our eyes to see,** things that get into our heart then are expressed in our lives.

**Which brings us to the next verse in Philippians chapter 4, “What to think about:”**

### **Philippians 4:8-9**

8 **Meditate on These Things 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.**

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.

1. **Whatever things are True:**

- **Think about, spend time in**, the truth of what Gods Word says, not what the world calls truth, and not the opinions of man.
- **Think about the truth of who you are** in Christ Jesus, that He chose you, you are to reign with Him.
- **Spend your time on the true things** that really matter, in your remaining day s before Jesus comes.
- **Stand up for truth**, defend the truth, Live your life in truth.

2. **Whatever things are Noble**

- **To be “NOBLE”** is to have in yourself, high standards and excellent Moral character.
- **Think about how you can become** more and more like Jesus in your Attitudes, the things you say, the things you do.

3. **Whatever things are Just:**

- **Those things that are right**, fair, impartial and morally right.
- **Determine for yourself** to be morally right and fair, because you belong to Jesus and represent Him.

4. **Whatever is Pure**

- **To be “PURE” means to not be mixed with any other substance.** Earth is not the place where we really live, it is not our permanent home, so we should not mix ourselves with the things that are in the world.
- **A person who is following Jesus is to be clean and free of impurities,** so we don't mix anything into our life that would dilute us, make us less effective for Jesus.
- **This is particularly true, in the area of sexual purity.** It is a fact that all men who became sexual predators, and would kill their victims, began with just subtle glances at pornography. Then graduating to more graphic pornography, eventually they could only be satisfied by killing their victims during a sexual act.
- **Ted Bundy was raised in the Church,** knew the Lord, then began to dabble in pornography. He became one of the worst serial killers in America's history.
- **Men, it begins with just a little peak once in a while.** It seems so innocent at first, until you realized you are Hooked. Best to determine to not even start to look at it.
- **Men, if you have been playing around** in the pornographic web sites, or in the magazines or films or DVD's, Don't be deceived, it will destroy your walk with the Lord!
- **If you have been playing around in this stuff,** this morning it is time to repent of these things, and determine to never go back there.

5. **Whatever things are Lovely**

- **Those things that are beautiful** and pleasing, those things that are in harmony with the character and beauty of who Jesus is.
- **It can also mean to be loving and kind,** to be friendly and inspire love in other people by your own love and beauty.

6. **Whatever is of good report:**

- **Spend your time and thoughts** on those things that are good and positive.
- **One of the characteristics of people today** is that they are always so negative, discouraging, and complain about everything and everybody.
- **We are to think of those things** that are good and right. Speak only of good things in people and in our life

7. **If there is any virtue:**

- **The Quality of being morally good,** particularly in the area of sexual purity.
- **There seems to be a great emphasis** in the New Testament on the importance of sexual purity.
- **The reason seems to be** that when a person commits sexual sin, they commit it against their own body.
- **No one would use** a Brand new Rolls Royce Cornish Convertible to haul manure in.
- **Even more so,** you are made in the image of God, you are like him, you are able to choose in the freedom that He gave you, to either be pure and full of virtue or filthy and defiled.

- **You were created for great and mighty things**, why haul around the manure of sexual sin in your life.

8. **If there is Anything praiseworthy**

- **There is so much in our lives that is worthy of praise**. So much that we have been given that goes without appreciation.
- **I have discovered** in the last 4 weeks, as we lost our home in the Arizona wildfires, that you don't know how blessed you are until it is suddenly all gone.
- **But I have also discovered** that when you live your life to follow Jesus, He always brings tremendous blessing and Joy out of those tragedy's.
- **I was talking to Joe Hittle yesterday** at Isaac and Cassie's wedding. We were discussing how different everything would have been, had that train accident not happened. Joe described how happy and blessed they are now, as a result of the train crash and nearly burning to death.
- **I have discovered tremendous peace and happiness** from the Lord, as a result of the loss of our home.
- **Joe and I were talking** about how thankful we are to Jesus that he let us suffer those things, so that we could see the benefits of His plan now from the other side of the trial.
- **Look always for the good in everything in your life**. Jesus is still ruling from His throne. He has not forgotten you, nor has His hand slipped. He will not allow you to stumble or fall.
- **Look for and appreciate** all that you have now, because it is really just on loan to you. Nothing that we have belongs to us. But everything is given to us from Jesus hands.
- **Enjoy it while you have it, but when it is gone**, count it as garbage compared to knowing Jesus

**Someday, when everything is said and done, the only thing that is really going to matter to you, is how you lived and loved in your life, for Jesus.**