

Philippians 10 – Don't Worry. Pray Through.

Dr. John Carmichael

[Phl 4:6-7 NASB95] 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 comprehension, will guard your hearts and your minds in Christ Jesus.

- It's like a water hose, when you let the water flow, the dirt gets flushed out. When you let prayer flow, worry gets washed away!
- Paul writes these words while chained up in prison, yet he commands believers not to be anxious. That's Holy Ghost boldness!
- In today's world, worry is everywhere: news, bills, sickness, relationships. The enemy wants your mind in turmoil, but God wants your spirit in triumph. The Spirit calls us to trade anxiety for Spirit-led prayer.

What do these verses teach us about the relationship between anxiety and prayer?

Here are four things these verses teach us about anxiety and prayer.

I. Refuse Anxiety

- a. [Phl 4:6 NASB95] 6 Be anxious for nothing...
- b. Anxiety is a thief. It steals sleep, joy, and peace... and it makes you fat (<https://www.webmd.com/diet/cortisol-belly>). But the Spirit empowers us to refuse anxiety's grip.
- c. Anxiety can't coexist with Spirit-filled faith.
- d. [Mat 6:25-27 NASB95] 25 "For this reason I say to you, do not be worried about your life, [as to] what you will eat or what you will drink; nor for your body, [as to] what you will put on. Is not life more than food, and the body more than clothing? 26 "Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and [yet] your heavenly Father feeds them. Are you not worth much more than they? 27 "And who of you by being worried can add a [single] hour to his life?
- e. Speak aloud: "I refuse to fear! I trust God." Memorize promises that counter your specific issues. Limit sources that feed your anxiety (social media, negative conversations). Anxiety cannot be permitted in our lives unchecked.

II. Pray About Everything

- a. [Phl 4:6 NASB95] 6 ...but in everything by prayer and supplication ... let your requests be made known to God.
- b. Don't carry burdens; cast them. The Spirit invites us to bring everything to God in prayer. Nothing is too big or too small. [1Pe 5:7 NASB95] 7 casting all your anxiety on Him, because He cares for you.
- c. Praying in tongues reaches places words cannot. The Spirit intercedes with power beyond our understanding. [Rom 8:26-27 NASB95] 26 In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for [us] with groanings too deep for words; 27 and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to [the will of] God.
- d. Pray the moment anxiety hits. Spend time praying in the Spirit daily.

III. Pray with Thanksgiving

- a. [Phl 4:6 NASB95] ... with thanksgiving ...
- b. Grumbling fuels anxiety. Thanksgiving fuels faith. Gratitude shifts your eyes from problems to God's power.

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- c. Praise and tongues flow together. Praise is the language of faith.
- d. [Psa 100:4 NASB95] 4 Enter His gates with thanksgiving [And] His courts with praise. Give thanks to Him, bless His name.
- e. [1Th 5:18 NASB95] 18 in everything give thanks; for this is God's will for you in Christ Jesus.
- f. Begin prayers by thanking God for past victories. Declare thanks aloud even when feelings say otherwise.

IV. Receive Supernatural Peace

- a. [Phi 4:7 NASB95] 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.
 - b. When prayer flows, peace floods in. This isn't human calm. It's God's supernatural, Spirit-breathed peace that guards your mind like a military sentry.
 - c. The Spirit doesn't just bring peace. He is peace living in us.
 - d. [Jhn 14:27 NASB95] 27 "Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.
 - e. [Isa 26:3 NASB95] 3 "The steadfast of mind You will keep in perfect peace, Because he trusts in You.
 - f. When anxiety rises, declare: "I receive Your peace, Lord." Set your mind on Him.
- **When the believer prays in the Spirit, anxiety must go, and supernatural peace takes over because worry can't stay where the Holy Ghost flows.**
 - **Worry wants you stuck, defeated, and exhausted. But the Spirit wants you praying, pressing, and overflowing with peace.**
 - **Worry flees when prayer flows.**
 - **Let's be a people who don't just survive our battles but pray through until peace floods in like a river!**