

Breaking the Cycle of Anxiety

A Bible Study

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Philippians 4:6

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. (NKJV)

“Anxiety is love’s greatest killer.

It makes others feel as you might when a drowning man holds on to you. You want to save him, but you know he will strangle you with his panic.”

~Anais Nin

“Anxiety’s like a rocking chair. It gives you something to do, but it doesn’t get you very far.”

Jodi Picoult

“Life is 10 percent what you
experience and 90 percent
how you respond to it.”

~Dorothy M. Neddermeyer

“You don’t have to
control your thoughts.
You just have to stop
letting them control you.”

~Dan Millman

“Anxiety does not empty
tomorrow of its sorrows,
but only empties today of
its strength.”

~Charles Spurgeon

We must put off anxiety

Matthew 6: 25-24 (take no thought)

Philippians 4:6 (be careful)

Greek word “me-rēm-nä'-ō “

To Be a Christian and
Anxious weakens the
testimony of our faith
and robs God of His glory

We must practice prayer with thankfulness about every concern

Philippians 4:6-7 Contemporary English Version
(CEV)

- ⁶ Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. ⁷ Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel.

- Paul mentions 2 Greek words for prayer which overlap in meaning and what should accompany them.
 - Prayer
 - Supplication
- Our Prayers and Supplications are accented by our thanksgiving and requests. Thanksgiving and requests or components of our prayer and supplication.

**Prayer—*

- pros-yü-khā
- a general word for prayer, always used with reference to God, with the nuance of reverence.
- The word refers to a conversation face to face with God.
- Hebrews 4: 14-16

**Supplications*--This word gives prominence to the sense of need and also looks at specific requests.

- de'-ā-sēs
- Whereas “prayer” is a general conversation, “supplication” addresses a specific need
- Psalm 4:1, Psalm 5:8, Psalm 6:4, Psalm 7:1
Matthew 6:11

**Thanksgiving--*When you're anxious, presumably you're in a situation that gives some cause for anxiety! At such times, thankfulness is not automatic or spontaneous. You have to do it deliberately by faith.

- yü-khä-rē-stē'-ä
- **eucharistía**, yoo-khar-is-tee'-ah; means to actively express gratitude; to render grateful language (to God, as an act of worship).

Paul says we are to supplicate with Thanksgiving. He is telling us to pray with specificity and thank God in advance, by faith.

Paul is saying that rather than being anxious, give thanks

- **Requests*--This word overlaps with supplications, emphasizing the specific, definite nature of our petitions to the Lord.
- The more specific our request the more identifiable the answer.
- Matthew 7:7

We are promised God's incomparable peace when we pray.

“The peace of God which surpasses all
comprehension, shall guard your hearts and
your minds in Christ Jesus” (Phil. 4:7).

John 14:27