

A Prescription for Dealing with Stress  
Philippians 4:6-7

<sup>6</sup> *do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* <sup>7</sup> *And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*  
(Philippians 4:6-7)

I. Don't worry about anything.

*do not be anxious about anything* (v.6)

“I shall ask God mercifully to protect us. Then I shall fumigate, help purify the air, administer medicine and take it. I shall avoid places and persons where my presence is not needed in order not to become contaminated and thus perchance inflict and pollute others and so cause their death as a result of my negligence. If God should wish to take me, he will surely find me and I have done what he has expected of me and so I am not responsible for either my own death or the death of others. If my neighbor needs me, however, I shall not avoid place or person but will go freely as stated above. See this is such a God-fearing faith because it is neither brash nor foolhardy and does not tempt God.”

- Martin Luther

II. Pray about everything.

*do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* (v.6)

Jesus taught us to pray by calling on God as “*Our Father.*”

*Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.”* (John 14:6)

David said: *If I had cherished sin in my heart, the Lord would not have listened* (Psalm 66:18).

*If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.* (1 John 1:9)

When Paul tells us to not be anxious but to pray, he emphasizes that we need to talk to God in detail about our concerns by using the word *supplication*.

*[Jesus] began to be sorrowful and troubled. Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." (Matthew 26:37-39)*

*casting all your anxieties on him, because he cares for you. (1 Peter 5:6-7)*

*with thanksgiving let your requests be made known to God.*

### III. Enjoy the peace that replaces worry.

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

“God does not promise to rid your life of affliction and difficulty. He does, however, offer to give you the grace needed to suffer well. . . . It isn’t wrong to ask God to relieve you of your pain, but it is more important that in the midst of the pain you rely on the promise of God to work such experiences for his glory and your good— to use these times as a means of perfecting your faith, strengthening your spirit, and transforming your life in such a way that you are becoming more like Jesus.”

- Joe Thorn

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28)*

*the peace of God, which surpasses all understanding*

*And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (v.7)*

*do not be anxious about anything, 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 your minds in Christ Jesus. (Philippians 4:6-7)*