**Elder Berry Ross April 2, 2017**

**Why Worry, Dealing With Anxiety?**

**Philippians 4:4-7**

**Key truth:** God expects us to come to Him in prayer to overcome the anxieties in our lives**.**

1. **We must enter prayer with a mind centered on Christ.**

A. The mind is the first line of defense to fight anxiety.

B. It is difficult to think of the goodness of God with a

 cloudy mind. Colossians 3:2

C. A mind centered on Christ is the catalyst for pressing

 through in prayer. Proverbs 3:5-6

1. **With all humility tell God everything about your concerns.**

A. A sincere heart is one way to get the attention of God.

 Psalm 51:16-17

B. We must earnestly petition our God.

C. We tend to worry less when we leave our appeals with

 Him. 1 Peter 5:7

1. **A prayer filled with sincere gratitude releases a heavenly response.**

A. God is truly a rewarder to those that diligently seek

 Him.

B. God counters anxiety with a peace of mind that only

 He can provide. Isaiah 26:3

C. God responds to our prayers as a protecting father by

 guarding our hearths.

**Taking it Beyond The Walls:** Battling anxiety successfully involves intense prayer. Trust God for comfort today.

**Food for thought for the week of April 2, 2017**

**(Questions and Scriptures for further study)**

**Read Philippians 1:1-11:**

Paul wrote to the church at Philippi from what was a very stressful environment. He knew why he was imprisoned and he never lost sight of his mission. Paul had major concerns and sought to write to the church that they might be comforted by his words.

Paul spoke about his continued prayer for the church.

Have you ever found yourself in a stressful situation and really had to go to God about it?

Was it difficult to concentrate on who God is in His many attributes? Why or Why not?

**Read Philippians 2:1-7:**

Paul is talking about the humility believers need to display especially when we are talking to our Heavenly Father.

If you were to really search your heart, how humble would you say you are when petitioning before a Holy God?

Have you ever noticed the stress level minimizing while praying with a mind centered on Him and with a humbled heart?