



Devotional Study Guide Journal

January 5th

Don't Be Anxious for ANYTHING¹

Anxiety is common to us all. Sometimes it is thrust upon us by circumstances which cannot be avoided, and sometimes we tend to “bring it on” by over-scheduling ourselves.

For whatever reason, feeling guilty about anxiety is of no help whatsoever but more likely just heaps on an already stressful situation. Thankfully, God, knowing our inclination toward become overwhelmed, has provided a beautiful solution.

HOWEVER, the solution involves our participation. Only when we APPLY this instruction can we reap its benefits. In Philippians 4:6-7 we read:

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.”

If we are instructed to do something, it means we are capable of doing it. When the storms of life rage or our thoughts seem to take off without us, we are capable of putting a stop to them.

When we are told to be anxious for NOTHING, but in EVERYTHING, this means we have the ability to pray, “Father, you instruct me not to be anxious, so in your authority and in your name, I REFUSE TO BE ANXIOUS.” That is the first step of faith: pure and simple obedience to this instruction. God isn’t asking us not to feel, He is showing us how to live above fear and extinguish it.

Next we are told “in everything with prayer and THANKSGIVING to let our requests be made known unto God.” This is really a two-fold task.

1. Pray instead of being anxious.
2. With thanksgiving make your requests before God.

