# ALL YOUR ANXIETY

## PHILIPPIANS 4:6-7

1. **THE APOSTLE TELLS US WHAT WE AS BELIEVERS GET TO WORRY ABOUT (4:6a)**
   1. *Nothing* Covers Essentially Everything  
      1. The Scriptures Do Acknowledge That Men Worry  
         1. Jesus Addressed The Necessities Of Life
         2. Paul Addressed Other Areas
            1. The Area Of Marriage
            2. The Area Of Ministry
      2. The Scriptures Nevertheless, Prohibit An Anxious Mind About Any Of It
   2. *But In Everything* Is As Broad As The "Nothing"
2. **THE APOSTLE PROVIDES A PROGRESSIVE FOUR STEP APPROACH TO INSURE A WORRY FREE LIFE (4:6b)**
   1. Adopt A Specific Attitude Or Realm Of Life: *Prayer*
   2. Become A Supplicant {Spiritual Beggar}: *Supplication*
   3. Do It With Gratitude: *Thanksgiving*
   4. Make Your *Requests*
3. **THE APOSTLE STATES A PROMISE THAT FEW OF US BELIEVE (4:7)**
   1. The Acquisition Of An Incomprehensible, Yet Practical Peace
   2. A Supernatural Guard On The Components Of Our Personality