



**REDIRECTING THOUGHTS  
INSTEAD OF  
WORRYING**

*If Anything is  
Excellent or Praiseworthy*

<sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in—put it into practice. And the God of peace will be with you.

Philippians 4:6-9 NIV84

# What Does God Say About Anxiety?

- “Do not be anxious.” v. 6
  - Worry literally means “to strangle.”
  - Anxious means “to tear apart.”
- What causes anxiety?
  - Wrong thinking!
- “Pray with thanksgiving.” v. 6

How does one pray with thanksgiving in the midst of whatever is causing anxiety?

<sup>8</sup> Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

# Heavenly Definition of Excellence

- When trouble comes our way we must have an excellent view of trouble



# Excellent view of Trouble

- Trouble is to be expected.

33 “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” John 16:33

12 Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. 13 But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. 1 Peter 4:12

# Excellent View of Trouble

- Trouble is purposeful.

6 In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. 7 These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. 1 Peter 5:6-7

2 Consider it pure joy, my brothers, whenever you face trials of many kinds, 3 because you know that the testing of your faith develops perseverance'

James 1:2-3

# Excellent View of Trouble

- Reassuring.

5 And you have forgotten that word of encouragement that addresses you as sons:

“My son, do not make light of the Lord’s discipline,  
and do not lose heart when he rebukes you,

6 because the Lord disciplines those he loves,  
and he punishes everyone he accepts as a son.”

7 Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? 8 If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. Hebrews 12:5-11



# Excellent View of Trouble

- Good.

28 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

# When faced with worry we must...

- Fix our minds on that which is excellent!
- Jesus is the only excellent one!

**9 But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.**

**1 Peter 2:9**