

When Anxiety Strikes

[Philippians 4:6-7](#)

Philippians 4:6-7 (NASB)

⁶“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 comprehension, will guard your hearts and your minds in Christ Jesus.”

If you needed a consultant, would you hire just anyone? Of course not. You’d want to be sure your advisor had experience to back up his or her suggestions. The apostle Paul was certainly qualified to teach on the value of contentment—he wrote on the subject while under confinement by Roman authorities.

In today’s passage, Paul says that prayer safeguards the believer’s heart from anxiety. Praying appropriately will result in protection, so we are wise to follow the pattern Jesus gave us. The Lord’s Prayer underscores adoration of the Father and de-emphasizes focusing on oneself ([Matthew 6:9-13](#)).

Matthew 6:9-13 (NASB)

⁹“Pray, then, in this way: ‘Our Father who is in heaven, Hallowed be Your name.

¹⁰ Your kingdom come. Your will be done, On earth as it is in heaven.

¹¹ Give us this day our daily bread.

¹² And forgive us our debts, as we also have forgiven our debtors.

¹³ And do not lead us into temptation, but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.]”

God does desire to hear our concerns ([Philippians 4:6](#)).

Philippians 4:6 (NASB)

⁶“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

But if problems are all that keep us on our knees, then we have missed the main point of our relationship with Him.

Why does the Lord expect us to honor Him when what we really want is immediate help for our problems? Because where the mind dwells, the heart follows. Focusing on His greatness puts our needs in perspective and encourages us to rest easy. He is in charge and at work ([Romans 8:28](#)).

Romans 8:28 (NASB)

²⁸“And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose.”

Consider Jesus’ prayer in Gethsemane ([Matthew 26:36-46](#)).

Matthew 26:36-46 (NASB)

³⁶“Then Jesus came with them to a place called Gethsemane, and said to His disciples, “Sit here while I go over there and pray.”

37 And He took with Him Peter and the two sons of Zebedee, and began to be grieved and distressed.

38 Then He said to them, “My soul is deeply grieved, to the point of death; remain here and keep watch with Me.”

39 And He went a little beyond *them*, and fell on His face and prayed, saying, “My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will.”

40 And He came to the disciples and found them sleeping, and said to Peter, “So, you *men* could not keep watch with Me for one hour?”

41 “Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak.”

42 He went away again a second time and prayed, saying, “My Father, if this cannot pass away unless I drink it, Your will be done.”

43 Again He came and found them sleeping, for their eyes were heavy.

44 And He left them again, and went away and prayed a third time, saying the same thing once more.

45 Then He came to the disciples and said to them, “Are you still sleeping and resting? Behold, the hour is at hand and the Son of Man is being betrayed into the hands of sinners.”

46 “Get up, let us be going; behold, the one who betrays Me is at hand!”

Even as the Lord was crying out for relief, He nevertheless submitted to the Father’s greater will ([Matthew 26:39](#)). As a result, a supernatural peace fortified the Savior and enabled Him to face His executioners.

Matthew 26:39 (NASB)

39 “And He went a little beyond *them*, and fell on His face and prayed, saying, “My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will.”

In today’s reading, Paul offered a radical peace plan: Praise the Lord while suffering persecution; thank Him when facing trials; pray about everything. Each prayer braces your heart against anxiety. That’s solid advice from a man who practiced what he preached.