

“Don’t Worry”
September 21, 2025
Philippians 4:6-9

I. Introduction

This world is in a mess, and it seems to be getting worse. From the murdering of people, like Charlie Kirk or the Ukrainian woman who was stabbed to death on a train over the last couple of weeks, to the continuing shootings in schools, including the shooting in Denver on the same day as Mr. Kirk’s assassination, to the escalating wars in the Middle East and Ukraine, to continuing violence and mayhem in cities around the world, like the take-over of intersections in Milwaukee and the shootings and murders in every city, it would be easy to throw up one’s hands in despair and ask, “What is going on?” But as “people of the Book” we shouldn’t be surprised—**turn to 2 Timothy 3:1-5**. It certainly seems like the time of Jesus’ return is near. But until that day, He has left Christians some instructions; **turn to Luke 12:22-31**. **1 Pet. 5:7** sums it up this way: **“Cast all your anxiety on him, because he cares for you.”** In spite of all the issues around us, as children of God we don’t need to worry.

If anyone had a reason to be anxious—to worry, it was the Apostle Paul. Christian churches, many of which Paul had planted through his blood, sweat, and tears, were having issues. Christian workers in Philippi, (in particular, Euodia and Syntyche), were arguing with one another. The church in Corinth had just gotten over dealing with divisions in the church and was now leaning towards liberalism. The church in Rome was experiencing division; writing about the Roman church, Paul wrote in **Philippians 1:15**, **“It is true that some preach Christ out of envy and rivalry, but others out of goodwill.”** From the human viewpoint, all the work and difficulties that Paul had gone through seemed to be of no lasting value. And his problems didn’t stop there. He was under house arrest in Rome awaiting the verdict from his trial which had most likely been before the Roman emperor Nero. (And we know how Nero felt about Christians.) But, in spite of all this, Paul was able to write in **Philippians 4:11**, **“I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.”**

Paul began this section by writing, “**Do not be anxious about anything.**” “*Don’t be anxious.*” “*Don’t worry.*” One of the notes in my study Bible defines “*anxious*” as “*self-centered, counterproductive worry.*” The Greek word itself means “*to be pulled in different directions.*” Hope pulls in one direction; fear pulls in the opposite direction; and the anxious one, the one who is worried, is pulled apart by hope and fear and selfishness. We all know that worry can lead to many physical problems: headaches, neck pains, ulcers, even back pains. Worry can affect thinking, digestion and even coordination. Worry takes away joy. But it isn’t enough for us to tell ourselves to “quit worrying”—good intentions are not enough.

In these four verses, Paul explained the secret of having victory over worry. Paul listed 3 requirements with which Christians can conquer anxiety or worry and experience a secure or stable mind. The first requirement is “Right Praying.”

II. Three Requirements to Conquer Worry

A. Right Praying Paul had just finished telling the Philippian Christians in [verse 5](#) that “**the Lord is near**”—for this reason he wrote, in so many words, “*Worry about nothing; pray about everything.*” Prayer, talking to God, is the opposite of anxiety or worry. Paul used three different words to describe “right praying”: prayer, petition, and thanksgiving. Right praying involves all three.

The word “*prayer*” is the general word for talking to God, but it also carries the idea of adoration and worship. When worry starts to rear its ugly head, the first action ought to be to get alone with God and worship Him. This is the first step in “right praying”: **worship and adoration**. To combat worry, believers must consider the greatness and the majesty of God. We must remember that He is big enough to solve our problems—any problem; as Jesus said in [Mark 10:27](#), “**With man this is impossible, but not with God; all things are possible with God.**” The Lord’s Prayer begins with worship and adoration: “**Our Father which art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven**” ([Matt. 6:9-10](#)). Is there really anything in any of our lives that is *too big* for God? Instead of rushing into God’s presence in prayer, quickly telling Him of our needs and how they should be handled, we should calmly approach Him in reverence and holy fear—recognizing who He is. As [Psalm 46:10](#) says, “**Be still,**

and know that I am God; I will be exalted among the nations, I will be exalted in the earth." James 4:10 says, "Humble yourselves before the Lord, and he will lift you up." The first step in "right praying" is worship and adoration—recognizing who God is.

Then Paul gave the second step: **petition**, i.e., sharing our needs and problems. That's also what comes next in the Lord's Prayer: "Give us this day our daily bread." In Luke 11:9 Jesus said, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Turn to Matthew 7:9-11. Later in Matthew 17:20 Jesus said, "If you have faith as small as a mustard seed," you can move mountains. Isaiah 40:30-31 says, "Even youths grow tired and weary, and young men stumble and faint; but those who hope in the Lord—those who petition the Lord—will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not faint."

After worship and petition comes the third step: **thanksgiving**—giving thanks to God. Eph. 5:20 says, "Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ." Many are so quick to ask—to bring their petitions, their requests—but so slow to appreciate. We need to be sure that we take time to say, "Thank You." 1 Thessalonians 5:16-18 says, "Rejoice always, pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus."

Back in Philippians, Paul wrote, "Pray about everything." We are ready to pray about the "big things" in our lives but often forget to pray about the so-called "little things"—at least not until they become big things. Talking to God about everything that concerns us and, therefore, Him is the first step toward victory over anxiety; this is "right praying." "Don't worry about anything but pray about everything."

Paul wrote that the result of "right praying" is that "the peace of God ... will guard your hearts and minds." When a person becomes a Christian, he or she has peace with God; Romans 5:1 says, "Since we have been justified through faith, we have peace with God through our Lord Jesus Christ." But it's the peace of God that stands guard over the two areas that create worry—the heart with wrong feelings and the mind with wrong thinking. The peace of God is the peace within a Christian as he or she trusts in God's wisdom and infinite power, regardless of circumstances, people, or things. In John 14:27 Jesus promised,

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” BUT God’s peace is not for everyone, [Isaiah 48:22](#) says, ““There is no peace,’ says the LORD, ‘for the wicked.””

Paul described this peace *of God* as “transcending all understanding.” That is, the peace of God goes beyond human intellectual powers, human analysis, and human understanding. Since its source is God, it is beyond any human comprehension; [Romans 11:33](#) says, “Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments, and his paths beyond tracing out!”

B. The 2nd requirement to conquer worry is **Right Thinking—thinking on godly virtues.** Inner peace involves the heart and the mind; [Isaiah 26:3](#) says, “You will keep in perfect peace him whose mind is steadfast, because he trusts in you.” The Bible leaves no doubt that a person’s life is the product of his thoughts, [Proverbs 23:7](#) (NAS) says, “For as he thinks within himself, so he is.” We are what we think. Wrong thinking leads to wrong feeling and before long, one is filled with worry; for this reason, Paul wrote in [2 Cor. 10:5](#), “We take captive every thought to make it obedient to Christ.” What people allow to occupy their minds will sooner or later determine their speech and actions. With that in mind, Paul listed the things about which Christians should think—things that will cause spiritual growth, stability, and lack of worry.

First, think on **whatever is true.** The devil is the father of lies ([John 8:44](#)) and he wants to corrupt our minds with his lies; [2 Corinthians 11:3](#) says, “But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ.” But Jesus is “**the Truth**” ([John 14:6](#)); [John 17:17](#) says, “Your Word is truth;” [1 John 5:6](#) says, “The Spirit is truth.” If we are going to “worry about nothing” we must not believe the lies of Satan but instead believe the truth of God and His Word—we must think on whatever is true.

Second, think on **whatever is noble and right.** *Noble* means “*worthy of respect.*” There are many things that are not respectable, and Christians should not think about such things. This doesn’t mean we ignore or avoid what is unpleasant or displeasing, but it means we do not focus our attention on dishonorable things and allow them to control our thoughts. We live in a dirty, sinful world. If a Christian spends his time

wallowing in the dirt and filth and questionable things of this world and not the right kind of things of God, there will be no power in his life; he will not be victorious over worry.

Third, think on **whatever is pure, lovely, and admirable**. Since people in Paul's day, as well as ours, were constantly attacked by temptations to sexual impurity, "pure" probably refers to *moral purity*. Turn to Ephesians 4:17-24. Think on whatever is pure. *Lovely* means "*beautiful, attractive*." *Admirable* means "*worth talking about, appealing*." Admirable describes what is highly regarded or well thought of. To conquer worry, a believer must think about pure, beautiful, and admirable things.

Finally, Paul wrote think on "**anything that is excellent and praiseworthy—think about these things**." These words that Paul used: "true, noble, right, pure, lovely, admirable, excellent, praiseworthy" really describe God's Word. The key to godly living and having victory over anxiety and worry is godly thinking guided by God's Word. . Solomon wrote in Proverbs 4:23, "**Above all else, guard your heart, for it is the wellspring of life.**" Turn to Psalm 19:7-11. The Christian who fills his heart and mind with God's Word and thinks on godly virtues will, through the strength of the Holy Spirit, be able to detect and eliminate wrong thoughts and will conquer worry even before it begins.

C. Right Living The third step in conquering worry is right living; Paul wrote, "**Whatever you have learned or received or heard from me, or seen in me--put it into practice. And the God of peace will be with you.**" Actions and attitudes cannot be separated. Along with right praying and right thinking, right living is a necessary requirement for experiencing the peace of God.

It is one thing to learn a truth, but victory over worry and peace won't come until truth is accepted and becomes part of a person's actions and attitudes; i.e., putting into practice the truths of God's Word that have been learned. 1 Thess. 2:13 says, "**And we also thank God continually because, when you received the word of God, which you heard from us, you accepted it not as the word of men, but as it actually is, the word of God, which is at work in you who believe.**" Facts in the head are not enough; they must become truths in the heart. And truths aren't just to be heard; they must be seen in the life of a Christian. In Paul's ministry, he not only taught the Word of God, but he also lived it so that his listeners could see the truth in his life.

This is how to follow Paul's example; we must learn the Word and make it part of our lives; we must hear the Word and then do it. As [James 1:22](#) says, "Do not merely listen to the word, and so deceive yourselves. Do what it says."

III. Conclusion

Right praying, right thinking, and right living are requirements for having a stable mind and victory over worry. The promise for carrying out these requirements is that "[the God of peace will be with you.](#)" The God whose character is peace is also the giver *of* peace. Paul taught that those who have a godly attitude, thoughts, and deeds will be guarded both by the peace of God and by the God of peace. God's presence is essential for the strength, tranquility, and contentment which lead to spiritual stability and victory over worry and anxiety.

Do you want victory over anxiety and worry? Then open your heart and mind to the Holy Spirit—as [Ephesians 5:18](#) says, "[Be filled with the spirit.](#)" Practice right praying—pray often and when you come to prayer take time to worship and give thanks to God as well as presenting your petitions—your requests to Him. Think on godly virtues—instead of the slimy, filthy, gutter thoughts that the world would have you think, think on things that are true and noble, right and pure, lovely and admirable. Finally, practice right living—study God's Word and walk the way He would have you to walk; i.e., Walk the Talk. Then the peace of God and not worry will be experienced in your heart and mind.

This doesn't mean only good and pleasant things will come your way—just look at Paul's life. We live in a world of trouble, a world of sin and we should expect trouble. The Bible doesn't promise that the Christian life will be a trouble-free life, that's why [Romans 8:28](#) says, "[And we know that in all things—good and bad—God works for the good of those who love him, who have been called according to his purpose.](#)" Trials will come but with the peace of God to guard us and the God of peace to guide us, why worry? Jesus put it this way in [John 16:33](#), "[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.](#)"