

LIFE DURING LOCKDOWN #11
“Coping With Anxiety”
Philippians 4:4-7

With the outbreak of covid-19 anxiety levels have skyrocketed. We have a presidential election in a few days that is probably the most important in our nation’s history with far reaching implications. The economy is sluggish, small business owners are really struggling, many have been forced to close their doors, and forest fires are decimating much of California and the West Coast. How do you cope with anxiety? Many people these days drink heavily, take drugs, withdraw from others which only makes matters worse. The apostle Paul struggled with anxiety during his time under lockdown and shares his insights about how one can cope with high levels of anxiety through the Lord Jesus. Today’s teaching will give us multiple insights in how to offload stress and experience God’s peace.

#1. WE COPE WITH ANXIETY BY UNDERSTANDING WHAT IT IS?

- A. Anxiety – *merimnao*: worry, be overly concerned about something, distracted
- B. Anxiety is part of the broken human condition
- C. Anxiety can be beneficial – the fight or flight response
- D. Anxiety can be debilitating – a mental illness
- E. Anxiety is often irrational
- F. Anxiety exists when trust in God is lacking
- G. Anxiety is closely related to fear
- H. Anxious thinking is sinful – do not be anxious (a command)
- I. Anxiety robs us of peace

#2. WE COPE WITH ANXIETY BY REJOICING IN THE LORD, v. 4

- A. Paul just mentioned the book of life – reason to rejoice, 4:3
- B. Paul is commanding them to rejoice in the Lord
- C. Paul is commanding them to continually rejoice

#3. WE COPE WITH ANXIETY BY FOCUSING ON THE LORD’S NEARNESS, v. 5

- A. The Lord is near (*eggus* – at hand, ready, any moment)
- B. Does Paul mean the 2nd coming of Christ?, 1:6, 1 Pet 4:7, James 5:7-8
- C. The Lord’s imminent coming causes us to be ready
- D. Does Paul mean the Lord’s presence to comfort us? (2:1, Heb 4:15f)
- E. Since the Lord is near show gentleness (*epieikes*) to all
- F. Gentleness (*epieikes*) has no English equivalent
- G. The Lord’s nearness should cause us to “chill”

#4. WE COPE WITH ANXIETY BY OFFLOADING ALL OUR BURDENS TO GOD IN PRAYER, v. 6

- A. Offload everything – all your worries
- B. Offload everything through prayer, petition & requests to God
- C. Offload everything with thanksgiving
- D. Offload everything in faith, which counters anxiety, Mat 6:30
- E. Offload everything because God cares for you, Mat 6:26,

#5. WE COPE WITH ANXIETY BY RECEIVING GOD’S PEACE, v. 7

- A. God takes your anxiety & replaces it with peace
- B. God’s peace transcends all understanding
- C. God’s peace acts like a sentinel on duty
- D. God’s peace protects our hearts & minds in Christ
- E. God wants us to be at our best for him
- F. God wants us to be in the moment, Mat 6:34

TODAY’S SCRIPTURE
Philippians 4:4-7

Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Matthew 6:25-34: "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? ²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷Who of you by worrying can add a single hour to his life? ²⁸"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? ³¹So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³²For the pagans run after all these things, and your heavenly Father knows that you need them. ³³But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

DISCUSSION QUESTIONS

- #1. What are some things you feel anxious about?
- #2. In what way(s) can excessive anxiety be irrational?
- #3. In what way(s) does rejoicing in the Lord help to relieve anxiety?
- #4. Why are faith and anxiety polar opposites?
- #5. In what way(s) should the Lord's nearness effect Christians disposition?
- #6. Jesus said our heavenly Father knows our needs and will take care of us. How does this help us relieve anxiety? Matthew 6:31-32, 7:7-11
- #7. Given Paul's circumstances do you think he struggled with anxiety?

- #8. Why does God want us to live in the moment? Matthew 6:34
 - #9. In what way(s) is prayer essential to relieving anxiety?
 - #10. Why is it important to pray with thanksgiving?
 - #11. Describe the peace of God?
 - #12. In what ways does God's peace guard our hearts and minds in Christ?
 - #13. What is your takeaway from this teaching?
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WORSHIP SONGS

Forever

Verse 1

Give thanks to the Lord
Our God and King
His love endures forever
For He is good He is above all things
His love endures forever
Sing praise sing praise

Verse 2

With a mighty hand
And an outstretched arm
His love endures forever
For the life that's been reborn
His love endures forever
Sing praise sing praise

Pre-Chorus

Sing praise sing praise

Chorus

Forever God is faithful
Forever God is strong
Forever God is with us
Forever forever

Verse 3

From the rising to the setting sun
His love endures forever
And by the grace of God
We will carry on
His love endures forever
Sing praise sing praise

God Is Able

Verse 1

God is able
He will never fail
He is Almighty God
Greater than all we seek
Greater than all we ask
He has done great things

Chorus

Lifted up He defeated the grave
Raised to life our God is able
In His Name we overcome
For the Lord our God is able

Verse 2

God is with us
God is on our side
He will make a way
Far above all we know
Far above all we hope
He has done great things

Bridge

God is with us
He will go before
He will never leave us
He will never leave us
God is for us
He has open arms
He will never fail us
He will never fail us

Ending

For the Lord our God is able
For the Lord our God is able

You Never Let Go

Verse 1

Even though I walk through the valley
Of the shadow of death
Your perfect love is casting out fear
And even when I'm caught in the middle
Of the storms of this life
I won't turn back I know You are near

Pre-Chorus

And I will fear no evil
For my God is with me
And if my God is with me
Whom then shall I fear
Whom then shall I fear

Chorus 1

Oh no You never let go
Through the calm and through the storm
Oh no You never let go
In ev'ry high and ev'ry low
Oh no You never let go
Lord You never let go of me

Verse 2

And I can see a light that is coming
For the heart that holds on
A glorious light beyond all compare
And there will be an end to these troubles
But until that day comes
We'll live to know You here on the earth

Chorus 2

Oh no You never let go
Through the calm and through the storm
Oh no You never let go
In ev'ry high and ev'ry low
Oh no You never let go
Lord You never let go of me
You keep on runnin' and You never let go
Singin'

Bridge

Yes I can see a light
That is coming for the heart that holds on
And there will be an end to these troubles
But until that day comes
Still I will praise You
Still I will praise You
(REPEAT)

No Longer Slaves

Verse 1

You unravel me with a melody
You surround me with a song
Of deliverance from my enemies
Till all my fears are gone

Chorus

I'm no longer a slave to fear
I am a child of God
I'm no longer a slave to fear
I am a child of God

Verse 2

From my Mother's womb
You have chosen me
Love has called my name
I've been born again into Your family
Your blood flows through my veins

Bridge

You split the sea so I could walk right through it
My fears were drowned in perfect love
You rescued me so I could stand and sing
I am a child of God

ANNOUNCEMENTS

We are happy to announce that after much prayer God has provided us with a worship leader named Donald Roberts, who prefers to be called DJ. He comes to us with a lot of experience as a worship leader, he plays the guitar, piano, bass, drums and the ukulele. He has a great voice to accompany his instrumental skills. We are blessed to have him and his family join us at Hillcrest Church.

Now that we have a worship leader, we will be broadcasting our Sunday service from the church with live worship. If you would like to come to the facility for the service, you are welcome to do so. We ask that you wear a mask, social distance, if you have any symptoms please stay home. There will be no food or beverages served, and there will be no children's ministry at this time. Everything will be available on Zoom, so nobody will be left out of the worship experience. If you do come to the church make sure you print the bulletin at home and bring it with you. The words to all the songs will be in the bulletin from now on.

This is phase 1 in opening the church.

Tuesday Bible Study at 6:30: a discussion of the previous sermon.

Wednesday prayer and study at 6:30. (access both by clicking the zoom link)

Fellowship Gathering at Garbolina Park: Saturday, November 7th, at 9am.

Thank you for financially supporting the ministry of Hillcrest Church. You can give online or mail your check to the church.

- Give to the general fund (our operating expenses)
- Give to the elder's fund (to assist those in financial need)
- Give to the Great Commission fund (for the missionaries of the CMA)

If you need spiritual counseling during these crazy times don't hesitate to contact any of the elders:

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