

The 7 Hardest Things You Will Ever Do
Replace Worry with Trust ~ The Book of Philippians

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Text Introduction: Last week we began this series called “The 7 Hardest Things You Will Ever Do.” First on our list was the idea of “Taming our Tongue.” In no particular order of how hard each of these items are, this morning we study the subject of worry. Am I talking to anyone? Anybody ever worry? We know we ought not worry right! So, how do we replace worry with trust? For our Biblical study on the subject we turn to one of Paul’s letters. Here’s the thing about the book of Philippians that I want you to understand right off the bat. Paul wrote this letter from prison. He was not in prison for some illegal crime. His crime? Preaching the good news about Jesus! So, here from a prison cell we read “Don’t worry.” Let’s pick up the text at the end in Philippians 4:6-7.

Text: Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. ⁷ And the peace of God, which surpasses every thought, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

Introduction: What if your eight year old came to you one night in tears and said, “I’m so worried—I haven’t started saving for retirement? Or in comes your five year old crying after the first day of kindergarten, “I don’t think I will pass College Chemistry.” What if your ten year old worries that he will make an awful parent one day? Hopefully, you will respond in some way to reassure them that they are way too young to worry about such stuff.

Can’t you see that in the heart of God that’s exactly how we seem when we worry about all the “what ifs” and “how wills” of life?

“Don’t worry about anything,” says Paul. Jesus said, “So, do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.” The biblical word for “worry” is the putting together of two Greek words: one meaning “divide” and the other meaning “the mind.” So, literally, worrying is a division in the mind. Spiritually speaking worry is a division between faith and doubt. Replacing worry with trust is one of the most difficult spiritual accomplishments that we will ever make, but the Bible offers hope. How do we replace worry with trust?

Reading Paul’s letter, we see at least these seven principles for overcoming our worry with trust.

1. Focus on the Positives of our circumstances.

The first thing is that Paul immediately begins to think about the positives of his disastrous circumstances of being in prison. Now before you throw something at me for not seeing how difficult your struggle might be, just remember that I never said this was easy. In fact I’ve been trying to warn you that here is something of the most difficult issue in which you will ever take up.

(1) Strategic Contacts (1:12-13)

Now I want you to know, brothers, that what has happened to me has actually resulted in the advancement of the gospel, ¹³ so that it has become known throughout the whole imperial guard, and to everyone else, that my imprisonment is for Christ.

(2) Strengthened Courage (1:14)

Most of the brothers in the Lord have gained confidence from my imprisonment and dare even more to speak the message fearlessly.

(3) Stronger Christian (1:26)

so that, because of me, your confidence may grow in Christ Jesus when I come to you again.

2. Live a life *Filled* with Praise. (4:4)

Rejoice in the Lord always. I will say it again: Rejoice!

Rejoice is the key word of this book. When we give ourselves to praise we are more aware of the ...

(1) Power of God.

(2) Presence of God.

3. Face everything in Prayer. (4:6-7)

Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. ⁷ And the peace of God, which surpasses every thought, will guard your hearts and your minds in Christ Jesus.

Notice the Pattern:

(1) Praise

(2) Petition

(3) Peace

Pray until there is Peace.

4. Filter your thought Patterns. (4:8)

Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things.

5. Fix your eyes on the Promise of Heaven. (1:23, 3:20-21)

I am pressured by both. I have the desire to depart and be with Christ—which is far better — (1:23)

but our citizenship is in heaven, from which we also eagerly wait for a Savior, the Lord Jesus Christ. ²¹ He will transform the body of our humble condition into the likeness of His glorious body, by the power that enables Him to subject everything to Himself. (3:20-21)

6. Follow Godly Priorities. (4:15)

And you, Philippians, know that in the early days of the gospel, when I left Macedonia, no church shared with me in the matter of giving and receiving except you alone.

7. Faith in the Provision of God (4:19)

And my God will supply all your needs according to His riches in glory in Christ Jesus.

From the earliest days of God's relationship with Israel, He taught them to trust Him through the giving of manna. May we learn to trust Him day by day.