

Turning Anxiety Into Hope by Pastor Hilary Eash  
Philippians 4:6-7  
May 28, 2023

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Anxiety is defined as “*to have worry or concern over a perceived imminent event or something with an uncertain outcome.*”

- Anxiety — or fear/worry — of the future is addressed over 7000 times in Scripture.
  - Often addressed as “Do not be afraid...”
  - Example: “Be strong and courageous, do not be afraid. For I am with you wherever you go.” Joshua 1:9
- Merimnaó: Greek meaning “to be anxious, to care for,” used 19 times, implies a divided attention
- Anxiety causes us to be distracted.
- Jesus’ teachings on Anxiety: Matthew 6:25-34; Luke 12:22-34

*The solution to anxiety:* Prayer

*When should we pray:* Without ceasing (1 Thessalonians 5:16-17)

- Whenever we are anxious, we are to pray.
- Prayer turns our unbelief into belief.
- Belief is “trusting and having faith in something or someone; accepting that something is true or exists.”
- Faith is having hope in what we do not see (Hebrews 11:1)
- So by praying, we place our faith and hope in God.

*Why should we?* 1 Peter 5:7 states, “Cast all your anxiety on him because he cares for you.”

*How God sees us:* We are more valuable. (Mt. 6:26)

*How we should view God:* We fear the wrong thing. Instead of fearing for the future, we should fear God. Fearing God is the beginning of Wisdom. Proverbs 1:7; 9:10

*The result:* God’s Peace

- What is God’s Peace? Permanent harmony and calmness of body, mind, and spirit that supersedes earthly circumstances
- Who does it impact? Your relationships with God, Others, and Self.

*The Goal:* To further God’s Kingdom