

# Philippians: Fellowship of the Gospel

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## Study 17: Overcoming an anxious mind

**READ** Philippians 4:6-7 and **LISTEN** to the [sermon](#) by Pastor Craig.

**Main point:** In love and compassion God calls His people not to be anxious about anything but to trust in Him for everything. In this study we will look at the cure for the common and often debilitating problem of anxiety.

1. What are some of the (a) causes for anxiety, (b) common helps people use to overcome anxiety and (c) destructive ramifications of anxiety?
  
2. What are three main causes of your anxiety today, and how does that anxiety manifest itself in your emotions and your life? Do you believe that living anxiety-free is possible?
  
3. Both Paul (Phil 4:6) and Jesus (Matt 6:25-34) command people not to be anxious. Have you ever considered, or accepted, that worry and anxiety ultimately come from a failure to believe the promises of God in His word? Why is it easy to decide that this does not apply to our particular worries?

4. The Bible often tells us to put off that which is bad and put on that which is good (Col 3:5, 12). What are we to replace anxiety with?
  
5. How does your answer to question 4 help with curing anxiety? See also 1 Pet 5:7 and Psalm 55:22.
  
6. Read Matthew 6:19-34. Write down as many truths you can find as being vital for ridding ourselves of anxiety.
  
7. In verse 7 Paul shares the divine benefit that comes when we follow verse 6. Explain all three aspects of this benefit:  
  
“The peace of God ...”  
  
“... which surpasses all understanding ...”  
  
“... will guard your hearts and your minds in Christ Jesus.”