

Saturday, 6/26/21 at 4:00 & Sunday, 6/27/21 at 9:00

# anxious *for* NOTHING

## Part 2: Ask God For Help



**Introduction:** Dear friends in Christ: This is **part 2** of the series, **Anxious for Nothing**.<sup>1</sup> When we think about anxiety, no one wants it, but, at times, *we all have it*.

In part 1, we learned that God is sovereign – *thus almighty and in control of all things*; **since we are NOT in control, it is best to trust God who IS in control**. It is ESPECIALLY IMPORTANT to trust God *when things seem out of control!*

Today, in part 2, we will discover another key reason for NOT being anxious, as well as some important ways to pray.

1. **Contagious Calm:** Do you know that back in 1962 there were four Russian submarines off the coast of Florida, each armed with a nuclear warhead? Then, when those Russians were ♦exhausted, ♦on edge, and ♦anxious, US ships discovered them and began setting off depth charges. Then – *being the opposite of calm* – the Russian captain said to his staff: **“We’re going to blast them now!**

---

<sup>1</sup> Max Lucado, Anxious for Nothing (Nashville: Thomas Nelson, 2017), 4.

**We will die, but we will sink them all...” (68).** So, how was WWII averted? One man, *who remained calm*, asked for a private word with his captain – *who urged him to talk to the Americans first*, before launching... and, **AMAZINGLY**, *the captain listened, and war was averted!* What does the Bible say about remaining calm?

- a. <sup>NAU</sup> **Philippians 4:5** “Let your gentle spirit be known to all men.”
  - i. **What** is a “gentle spirit”? It means to be ♦yielding, ♦kind, ♦courteous; it also means to show *forbearance*, thus, *patient restraint!*
  - ii. **When** do we have such a spirit? When we are repentant; then ♦we know Jesus, ♦our sins are forgiven, and ♦the HS enables us to live the Bible!
  - iii. **Who** should know about our gentle spirit? Everyone; that includes ♦family members, ♦coworkers, ♦friends, ♦neighbors, and ♦strangers.
- b. <sup>NIV</sup> **Proverbs 15:18** “A hot-tempered man stirs up dissension, but a patient man calms a quarrel.” // When we are hot *and our hotness is showing*, the result will be increased conflict. (Have you ever ESCALATED a bad situation?) However, like the true story about the Russians, ***our calmness can be contagious!***
- c. <sup>NAU</sup> **Philippians 4:5-6** “The Lord is near. Be anxious for nothing...” Those words tell us WHY we should be calm, thus free from anxiety – ***because THE LORD IS NEAR!*** When Joshua took command of 600,000 troops and millions of civilians, the LORD said to him, “**Do not tremble or be dismayed [WHY?]**, for the LORD your God is with you wherever you go” (Joshua 1:9 NAS).

d. <sup>NAU</sup> **Matthew 14:16** “...you give them *something to eat!*” That is what Jesus said to His disciples when they were faced with ♦little money, ♦little food, and ♦thousands of hungry people. Even though Jesus had ✓healed the sick, ✓driven out demons, and ✓raised the dead, *they never asked Jesus for help to feed the hungry!* When Bill Frey was eleven years old... (75).

2. **Prayer, Not Despair:** In **Philippians 4**, we are called to ♦rejoice always, ♦let everyone see our gentleness, and – *since the Lord is near*, ♦be anxious for nothing. It sounds nice *to be anxious for nothing*, BUT HOW? By following these prescribed actions: <sup>NAU</sup> **Philippians 4:6** “...in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

a. The meaning of the key words:

- i. **Prayer**—*talking to God with words and thoughts* (FYI: Our way to God is open through us knowing Jesus as our Savior and Lord). All repentant ones are **welcome** to approach God’s throne of grace!
- ii. **Supplication**—*a request made of God to meet a particular need*. Since our needs are specific, **so our prayers should be specific**.
- iii. **Thanksgiving**—*expressing gratitude*. As we are identifying needs and making requests, *let us always identify blessings **and** express our thanks!*

b. The importance of SPECIFIC prayers:

- i. **A specific prayer is a serious prayer:** Imagine if I said to you, “Can I stop by tomorrow night at 7, because I have a problem and really need to talk to you?” As

those **details** help you see that I am serious, *so the details of our prayers show God that we are serious.*

- ii. **Specific prayer is an opportunity for us to see God at work:** When Isaac needed a wife, Abraham sent his most-trust servant. Upon arriving, he prayed, “If she says, ‘Yes, have a drink, and I will water your camels too!’ – let her be the one you have selected...” Then, *before he had finished speaking*, Rebekah appeared, and then **she said exactly what Abraham’s servant had requested** (Gen. 24:1-20)!
  - iii. **Specific prayer creates a lighter load:** If I had a pickup truck full of lumber, *I could NOT transfer it to another pickup truck with one move; instead, to be successful*, I must do it one or two boards at a time. When we pray specifically, **we are successfully transferring each part of OUR load to OUR Lord!**
- c. Some other prayer tips: Whenever we pray, let us do so ♦with trust in God, ♦in agreement with His Word, ♦trusting Him to hear us, ♦knowing He is always able, and ♦accepting His will – *because we know it is best!*

### Conclusion:

- **Truth** – Even when we cannot see Him, the Lord is near us.
- **Relevance** – His nearness can remove our anxiety.
- **Inspiration** – Specific prayers can transform our lives.

**Let Us Pray:** Dear Lord, help us to specifically seek Your help!

**Website:** [www.blc7500.com](http://www.blc7500.com) (our short URL); **YouTube-watch:** Benefit from the Bible  
**Facebook:** Bethlehem Lutheran Church Parma; **Podcast-listen:** Benefit from the Bible  
**Address:** 7500 State Road, Parma, Ohio 44134; **Phone:** 440-845-2230