

FIGHTING ANXIETY WITH JOYFUL THANKS

Philippians 4.1-9

THE GOD WHO IS NEAR

In many circles, prayer is some kind of empty meditation or positive thoughts or wishful thinking. It's akin to wishing upon a star or just hoping for the best. Often, it's us bartering with God, saying, "I promise I'll do this if you just give me that." But prayer is not a bargaining chip, nor a last ditch effort for change, nor a cold, peaceful meditation where we just empty our minds. In prayer, we fill our minds with the truth of the personal nature of God. It is an active way we take part in warring against sin in our lives and entrusting ourselves to our God who is near to us.

STOP PRAYING TO YOURSELF

Worry is simply the act of praying to yourself.

1 Peter 5.6, 7

Casting cares: Peter was a fisherman by trade. The word "casting" is commonly used as a fishing term. Fishermen would use a net that was weighted down in order to trap and capture fish. For us, our anxieties spread over us and weigh us down, trapping and capturing us.

**Worrying doesn't empty tomorrow of its sorrow,
it empties today of its strength.**

— C.H. Spurgeon

THE PEACE OF GOD AND THE GOD OF PEACE

Isaiah 26.3

**The way to be anxious about nothing
is to be prayerful about everything.**

-DA Carson

Paul tells us not simply to pray, but even what should flavor our prayers. He says to pray "with thanksgiving." It's hard to be disappointed, and to even worry and be anxious, when our minds are focused upon and giving thanks for all that He has done for us. And although this promise of having God's peace that surpasses understanding is great, He offers us an even greater promise: that not only will His peace be with us, but that He Himself will be with us.

**I know now, Lord, why you utter no answer. You are Yourself
the answer. Before Your face questions die away.
What other answer would suffice?**

— C.S. Lewis



NOTES:

Upcoming Sermons:

Philippians 4.1-9: Next week we will be looking at conflict within relationships and what we need to focus on in order to work through conflict in a healthy, biblical way.

This Week's Scripture to Memorize:

Romans 8:38-39

³⁸For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, ³⁹nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Will You Pray With Us?

Follow along with our daily prayer requests by downloading the **PrayerMate App**, available on both **iOS** and **Android** phones. Go to our website for detailed instructions on how to subscribe to the app to be praying with us daily, as well as reading through our **2 Year Bible Reading Plan**.

ARE YOU NEW HERE?

WELCOME TO LIFE MISSION CHURCH!

We'd LOVE for you to fill out the green **Connection Card** on your seat to let us know you were here today. You can drop it in the offering at the end of service or take it to one of our teammates in a **Green Shirt** at the **Connection Booth** outside - we'd love to give you some welcome information. Feel free to grab some food or coffee out in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

SERVING OPPORTUNITIES

If you've ever taken your child to one of our **Kids on Mission** classes, or enjoyed a cup of coffee after service, chances are there was a faithful servant behind each of those examples. Serving is one of the **most fun & rewarding ways we experience community** with our church family! **Fill out a connection card** to learn about the serving opportunities available today.

COMMUNITY GROUPS

The best way to **get connected** in the church is by joining one of our **Community Groups!** You'll forge friendships, be encouraged, and take the sermon deeper into your heart every week. **Sign up for a Group** on a **Connection Card** or visit the **Connection Booth**. You won't regret it!

GIVING

Gospel-centered generosity is motivated by a heart of thankfulness because of the sacrificial love God has already shown us. If you call **Life Mission** your home, you can place your gift in the offering baskets at the end of service, give online at lifemissionchurch.com/blog/give or mail a check to our PO Box. Thank you so much!

KIDS ON MISSION

Our **Kids on Mission** ministry has classes for **newborns - 5th grade**. Visit our website to read more about the vision and plan we have for our kids, including Pastor Jobey's heart for the ministry and his walkthrough of our curriculum. For questions about KOM email **Katie McGinty** at katie@lifemission.tv

JUNIOR HIGH STUDENTS

Our **6th - 8th graders** worship with the adults and then head to the junior high room with their teacher and classmates for the rest of service.

HIGH SCHOOL STUDENTS

Our **9th - 12th graders** stay in the service because we believe that it is critical for them to not "graduate the faith" when they graduate school. Our **High School Ministry meets on Thursday Nights @7PM at Casey & Amy Barnes Home in San Marcos**. For directions and/or questions about our student ministries, contact **Casey Barnes** at casey@lifemission.tv.

VISION: WHY DO WE EXIST?

We want to see God's glory known among the nations, to the least, last, and lost.

MISSION: WHAT DO WE NEED TO DO?

We need to make disciples who make disciples locally and globally, who are saved, equipped, and sent by the Gospel.

STRATEGY: HOW WILL WE DO IT?

By teaching people how to be rooted in the Gospel of God's glory through the Word of God, Prayer, and Gospel Community.

CONTACT US:

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Twitter: @YourLifeMission
[YouTube.com/LifeMissionTV](https://www.youtube.com/LifeMissionTV)

COMMUNITY GROUP HOMEWORK

Before group starts, is there anyone who can recite the week's memory verse?

Read **Philippians 4:4-9**. What impacted you the most from this Scripture or from Sunday's message? _____

Paul tells us to rejoice always. but before he tells us how to battle anxiety, he gives us a guiding truth. What is it, and why is it good news? _____

Remember that Paul was in prison facing death when he wrote this letter to the Philippians, yet in the midst of his suffering, he commands us to "rejoice in the Lord always." How can we rejoice even in the most difficult seasons of life? _____

How does Paul tell us to present our requests to God? Read **1 Thessalonians 5:16-18**. When we approach our problems with thankfulness, how does our perspective change? _____

Think about the different areas in your life where you tend to worry or have anxiety. What are they? School, work, parenting, finances, relationships? _____

In what ways are you not trusting God's sovereignty in those areas? What promises from God's Word could you believe/stand on to give up the worry? Share some of these examples with your Community Group and spend some time encouraging one another with scripture specific to these things. _____

Read **Matthew 6:25-34**. How does Jesus instruct us to deal with worry in this passage? How is this different or the same as how you handle anxiety in your daily life? Have you considered worry/anxiety to be sin? What does Jesus tell us to pursue instead? _____

How do you define prayer? When you pray what do you fill your mind with? Do you simply ask for things, or are you reminding yourself of the Gospel? How does prayer help us with our worry/anxiety? _____

Pastor Jobey quoted Vance Havner, stating "worry, like a rocking chair, will give you something to do, but it won't get you anywhere." Why is worry fruitless? Why do we sit in this chair? Spend some time confessing and praying with one another, remembering to be thankful as we present our requests to God.



Pastor Jobey McGinty
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Making Disciples Who Make Disciples Locally and Globally,
Who are Saved, Equipped, and Sent by the Gospel.



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Philippians 4:1-9 // October 9, 2016

SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School
207 E Pennsylvania Ave, Escondido 92025