

Come Follow Me
Elo Viz production
Week 42
Philippians and Colossians

There are a couple of verses that I would like to focus on today. However the King James version does not give an accurate representation of the meanings of these verses.

Philippians 4 verses 6 and 7 say:

“6 **Be careful** for nothing; but in every thing by **prayer** and supplication with **thanksgiving** let your requests be made known unto God.

7 And the **peace** of God, which passeth all **understanding**, shall **keep** your hearts and minds through Christ Jesus.”

Now. The first part: Be careful for nothing. Doesn't really make sense in english. But if we look at it in the Greek language we get a much clearer meaning of this phrase.

In Greek the word used is “Merimnaō”, which means careful but a more accurate translation is anxious, or worry. So it should read: Do not worry about anything.

This word “Merimnaō” appears 19 times in 17 new testament verses. And it actually is made up of two Greek words put together, the first part is: Maridzo, which means to tear or separate and naōs, which means the mind. So you put those two together and it is to separate or to divide the mind. It is a perfect description of anxiety. Anxiety is when your mind is divided between legitimate thoughts and destructive thoughts and this is why Paul tells us to not worry or to not be anxious about anything.

Really? I mean, come on Paul. It's just not that easy for a worrier to just stop worrying. Well, though it may not be that easy to just stop being anxious, there is a good reason why we should listen to Paul and at least try.

I heard a story once about a woman that was terrified that a burglar was going to break into her house. Night after night, week after week, month after month this thought plagued her mind and she was convinced that she was going to get robbed. One evening her and her husband were sitting on the couch and they heard a noise in the basement. Her husband went down to find out what it was, and sure enough there was a burglar. When he saw the man he said: “Excuse me sir, could you come upstairs for a minute? My wife has been waiting for you to show up for 10 years.

It is kind of a funny story, but it teaches us a great lesson. A burglar can steal from you once but worry and anxiety can steal from you for a lifetime. And this is more applicable to us now than in any other time in history.

Studies have shown that anxiety is the most common mental health problem in America. In fact over 40 million Americans suffer from some form of anxiety disorder. Nearly 1 in every 3 persons. I read one article that showed that the average high school student today has the same level of anxiety as the average psychiatric patient in the 1950s. And the best science can come up with is to tell us how to manage it.

That's it... That's all the world has to offer: medication and the solution is just to manage it. Well, God can do better than that. In fact, in these very verses we looked at, we find the solution. A solution not just to manage it but to completely eliminate it from our lives.

Again Paul writes: “Be [Anxious] for nothing; but in every thing by **prayer** and supplication with **thanksgiving** let your requests be made known unto God. (Philippians 4:6)

Did you catch it? There are 3 things that will help us to overcome any mental disorder. Prayer which can also be translated as “worship”, supplication, and thanksgiving.

Those 3 things should sound familiar to you. There is a great Bible story that teaches us this same principle. If you recall in the book of Daniel, there are some evil men that are after him. Daniel worshiped the God that they didn't believe in, and they hated him for it. So they trick the King into signing a decree that anyone that was caught praying would be put to death. Now, let me ask you. Would you worry? If this same thing happened today and you were told not to pray or you would die would you worry about praying? Would you maybe just pray in your mind and not let anyone know what you were doing? Not Daniel, he didn't care or worry about anything. This is in Daniel 6, verse 10 and 11:

“10 ¶ Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward **Jerusalem**, he kneeled upon his knees **three** times a day, and **prayed**, and gave **thanks** before his God, as he did aforetime.
11 Then these men assembled, and found Daniel praying and making supplication before his God.

Prayer, thanksgiving and supplication. All three were listed as a daily practice for Daniel. And of course you know the rest of the story. He was thrown in the lion's den and was not harmed at all. In fact God sent an angel to be with Daniel and he shut the mouths of the lions. Do you think Daniel was worried or anxious at all as he stepped into that dark cave full of hungry lions? Probably not. He had complete faith and trust in God. He knew that whatever was to happen to him it would be God's will and there was no reason to doubt that God was looking after him and only doing that which was good for him.

The King on the other hand was having a come-apart. King Darius who loved Daniel didn't sleep that night, and the next morning he rushed to the lion's den to check on Daniel. He was terrified for his friend, all because..... He didn't have the faith in God sufficient to remove that worry from his life.

This process and practice can provide great power in our lives if we understand it.

Remember when Jesus taught us how to pray? He gave us an outline on effective prayer: "When ye pray, say, Our **Father** which art in heaven, Hallowed be thy **name**. Thy kingdom come. Thy will be done, as in heaven, so in earth.

3 Give us day by day our daily bread.

4 And **forgive** us our sins; for we also forgive every one that is **indebted** to us. **And** lead us not into temptation; but deliver us from evil. (Luke 11:2-4)

I think most times we kneel to pray and we have two real prayers that we use. If we don't have any worries or if everything seems fine we go into robot mode and use a mechanical prayer that we have prayed a thousand times. Or, if our hearts are heavy and we do have worries or we are anxious about something, we just dive into asking and pleading even begging God for help.

The scriptures don't tell us that Daniel prayed while he was in the lion's den. Why do you think that is? Because for us we think it is normal to use prayer and a last resort. I find it interesting that the very first thing we should do is usually the last thing we consider. Effective prayer should be such a common practice that when something happens that we would normally pray or petition God for a solution. Instead we trust and worry not, because we already prayed and now we can just sit back and watch as God works His mighty miracles in our lives.

Now, when I say effective prayer, there are three things that are essential. All ask and no give is not an effective prayer. Just as Jesus taught: Our Father which art in heaven, Hallowed be thy name. Hallowed means Holy, greatly revered or honored. This is a form of worship.

Thy Kingdom come, Thy will be done. This is where the worry all disappears. Notice that it doesn't say: My kingdom come, My will be done. That is not the purpose of prayer. It is not your kingdom or your will that should be a factory in prayer.

The Bible dictionary give an amazing definition of prayer that I love to study in order to understand prayer better, it says:

"As soon as we learn the true relationship in which we stand toward God (namely, God is our Father, and we are His children), then at once prayer becomes natural and instinctive on our part ([Matt. 7:7-11](#)). Many of the so-called difficulties about prayer arise from forgetting this relationship. Prayer is the act by which the will of the Father and the will of the child are brought into correspondence with each other. The object of prayer is not to change the will of God but to secure for ourselves and for others blessings that God is already willing to grant but that are made conditional on our asking for them. Blessings require some work or effort on our part before we can

obtain them. Prayer is a form of work and is an appointed means for obtaining the highest of all blessings.

So, When you're tempted to worry, worship. When you are burdened, bow.

Worry and worship can not co-exist in the same heart; they are mutually exclusive. If you start worshipping, you will find your worries diminish. If you start worrying, you will find your worship diminish.

We have looked at the problem and we have looked at the solution. Let's look quickly at the promise.

Philippians 4 verse 7:

“7 And the **peace** of God, which passeth all **understanding**, shall **keep** your hearts and minds through Christ Jesus.”

That sounds like what Daniel experienced and it also sounds like what you and I seek. The peace of God that passeth all understanding. Shall keep your heart and mind, a mind that is torn and divided shall be guarded by God's peace through Jesus Christ.

That is what we are after. Jesus said: “**27 Peace** I leave with you, my **peace** I give unto you: not as the world giveth, give I unto you. Let not your heart be **troubled**, neither let it be afraid.” (John 14:27)

This week as we study Philippines and especially these verses, might realize that in this passage, we go into it with anxiety and stress and we come out the other end with peace and trust in God. and what we find in the middle is effective prayer. To sum it all up: Be anxious for nothing, be prayerful in everything, be thankful for anything and everything.

In the sacred name of Jesus Christ, Amen.