

BE

ANXIOUS

FOR NOTHING

BE  
ANXIOUS  
FOR NOTHING

# Anxiety, Worry & Fear:

BE  
ANXIOUS  
FOR NOTHING

The image shows a book cover with a dark, textured background. The title 'BE ANXIOUS FOR NOTHING' is written in a light, serif font. 'BE' is at the top, 'ANXIOUS' is in the middle, and 'FOR NOTHING' is at the bottom. The text is slightly shadowed, giving it a three-dimensional appearance.

**Anxiety, Worry & Fear:**

Exaggerates



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“Do not let us begin by exaggerating the novelty of our situation.”

-- C. S. Lewis

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**Anxiety, Worry & Fear:**

Exaggerates

Steals



Matthew 6:25-27 (NKJV)

“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?”



Philippians 4:6-7 (NKJV)

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

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# The Problem





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Matthew 6:25, “Therefore I say to you, do not worry about your life...” (NKJV)

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Matthew 6:25, “Therefore I say to you, do not **worry** about your life...” (NKJV)



Philippians 4:6, “Be anxious for nothing...”  
(NKJV)



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Philippians 4:6, “Be **anxious** for nothing...”  
(NKJV)



“Worry” & “Anxious” = *merimnao*



“Worry” & “Anxious” = *merimnao* which means troubled, worry, anxious and care.



*Merimnao* comes from two words:



*Merimnao* comes from two words:

- *Merizo* which means to tear, to divide, to split into pieces





*Merimnao* comes from two words:

- *Merizo* which means to tear, to divide, to split into pieces
- *Nous* which means the mind

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# The Pronouncement



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Matthew 6:25, “Therefore I say to you, **do not worry** about your life...” (NKJV)



Philippians 4:6, “Be anxious for nothing...”  
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Philippians 4:6, “**Be anxious for nothing...**”  
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# The Prayer



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Philippians 4:6-7 (NKJV)

“but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God”

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# 4 Words to Deal with Anxiety



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# 4 Words to Deal with Anxiety

PRAYER



# 4 Words to Deal with Anxiety

PRAYER  
SUPPLICATION



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# 4 Words to Deal with Anxiety

PRAYER

SUPPLICATION

THANKSGIVING

BE  
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FOR NOTHING

# 4 Words to Deal with Anxiety

PRAYER

SUPPLICATION

THANKSGIVING

REQUESTS

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# The Promise



Philippians 4:6-7 (NKJV)

“and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

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Philippians 4:6-7 (NKJV)

“and the **peace of God**, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

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**Jesus as my Savior brings a  
peace with God; Jesus as my  
Lord brings the peace of God!**



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“Lord, let me find Thy light in my darkness, Thy life in my death, Thy joy in my sorrow, Thy grace in my sin, Thy riches in my poverty, Thy glory in my valley. In the name of Him who walks with me through every valley, Amen.”

Arthur Bennett “The Valley of Vision”  
collection of Puritan Prayers

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