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"THANKSGIVING IN ANXIOUS DAYS"

John Greene, *Senior Pastor*

Philippians 4:4-8 (NASB)

TRUTH: Holiday-induced anxiety usually revolves around three holiday issues: relational strain, financial pressure, and emotional stress.

INSIGHT: The Lord's Supper in Greek is the word *Eucharist* from the Greek *eucharistos*, which means: "I receive with thanksgiving."

What does the Bible say about surviving seasonal or anytime stress?

I. DON'T WORRY ABOUT ANYTHING (v. 6). "Be anxious for nothing..."

*Today we not only have micro worries, which are our personal worries, but now we're confronted with macro worries, worries of the world.

*Findings of Dr. Walter Calvert of the National Science Foundation:

1. 40% of YOUR worries will never happen.
2. 30% of YOUR worries are from the past.
3. So 70% of OUR worries are worthless.
4. 12% are needless health concerns.
5. 10% of our worries are insignificant.
6. Only 8% are actual legitimate concerns.

TRUTH: There's no such thing as born worriers.

INSIGHT: If worry is learned, it can be unlearned (Matthew 6:34).

INSIGHT: The key to reducing stress is to live one day at a time.

II. PRAY ABOUT EVERYTHING (v. 6). "But *in everything* by prayer and supplication with thanksgiving, let your requests be made known to God."

***TRUTH:** God says we can pray to Him about everything.

INSIGHT: If you don't talk life out with God, you'll take it out on yourself, and no problem is too big or too small to pray about.

III. THANK GOD IN ALL THINGS (v. 6). "When you pray... pray with thanksgiving."

INSIGHT: The healthiest human emotion isn't love... it's gratitude.

*In every circumstance we can give thanks to God because:

1. He has a purpose bigger than the problem.
2. He will give us power to overcome the problem.
3. We will grow through the problem if we allow it to help us grow.

INVITATION: People run from one thing to the next, one counselor to the next looking for peace of mind. The Bible says that God's peace is a gift!