**Changed Into His Image**

***Lesson Eighteen: Basics for Worried Believers – Philippians 4:6-9***

**Introduction**: Worry has become a way of life for many living in the United States. This is true even of believers. It is easy for us to worry about the economy, the government, family issues, work-related problems, church issues, malfunctioning vehicles, and health matters. God knew that we would struggle with worry. Therefore, He has given direction in His Word so that we might have peace in place of worry. In this lesson, we will consider the sources of our worry and the biblical means to have victory over worry.

1. **We Worry Because We Have the Wrong Concerns and Priorities.**
   1. Our worries always reveal our priorities
      1. The things we worry about are the things that are most important to us.
         * 1. Some worry about whether or not their clothes will be accepted according to modern trends.
           2. Some worry about having sufficient funds to pay their debts. They can’t imagine life without certain amenities.
      2. We never worry about things that are not important to us.
   2. Make a list of your worries and ask yourself, “Are the things I worry about priorities to God?”
   3. We must align our priorities with God to be free from worry (Matt. 6:24-34; 1 Tim. 6:6-11).
2. **We Worry Because We Handle Our Legitimate Concerns the Wrong Way.**
   1. If the things we worry about are priorities to God, He has already instructed us how to go about dealing with them.
      1. A parent may be worried about their wayward child. Proverbs gives instruction on how to respond to someone who has chosen the way of foolishness instead of wisdom.
      2. Someone may be worried about finances. Proverbs also gives wisdom about how to handle finances.
      3. A person may be worried about being single. Paul gives instruction about singleness.
   2. There is a Bible way to handle any concern that is a concern to God. The problem may be that we do not know what God has said.
3. **We Worry Because We Depend on the Wrong Person**
   1. The one we turn to when we have a problem is the one we trust most to help.
      1. If you call your friend every day to rehash your problems, you reveal that you believe your friend can help.
      2. If you keep your thoughts to yourself and constantly repeat them in your mind, you reveal that you believe that you have the answer to your problem.
      3. On the other hand, if you discuss your concerns with God and seek His thoughts about your concern, you reveal that you believe He has the solution for your problem.
   2. Ask yourself, “To whom do I talk most about my problem, and to whom do I listen most for advice about my problem?” The answer will reveal who you trust.
4. **How Do I Start “Changing” – Philippians 4:6-9**
   1. Step 1 – Pray Right (v. 6-7)
      1. Paul tells us to pray about everything that concerns us.
      2. Begin your prayers with thanksgiving.
      3. God intends every hardship to grow us into Christlikeness. If we do not have this growth in mind, we will not be thankful for current struggles.
      4. A believer who is grateful will find an indescribable peace when he or she petitions God.
   2. Step 2 – Think Right (v. 8)
      1. Anxious thoughts often include other unbiblical attitudes and thoughts.
      2. David in the Psalms repeatedly turns his thoughts to God’s nature and His promises. (Psalm 2)
      3. Memorize and meditate upon passages that teach us about God’s nature and promises.
   3. Step 3 – Do right (v. 9)
      1. Do the things that you have learned (you must be studying God’s Word) and received (you can’t be doubting that God’s way really works).
      2. We must think as God thinks and then do right.
      3. While waiting on God’s answer to your prayer, serve Him by

doing what you know to be His will (work an honest day’s

work, tend to household chores, take time for interaction with your children, etc.).

1. **Win the War of Worry**
   1. You can win the war of worry, but you must do it God’s way.
   2. David shares the secret of worry-free living in Psalm 55:22: “Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.”
   3. Peter rephrases parts of it: “Casting all your care upon him; for he careth for you.” (I Pet. 5:7)
   4. You can be free from worry if you follow God’s plan for peace – pray right, think right, and do right!