

Letting Peace Take Control

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I. Introduction.

- A. Anxiety is a sin that we loathe to confess.
- B. So many things in our life are beyond our control.
- C. Anxiety comes from a lack of concentration.
- D. No burden is ever too great for God to carry.
- E. Text: Philippians 4.

II. We are to turn off anxiety. Anxiety says that we cannot turn it off, but this is not true.

III. Anxiety is to be turned off by prayer.

- A. When we praise God, our problems are no longer magnified.
- B. When we commit something to God, we put ourselves in a proper position to praise Him.
- C. God's unpredictability makes it difficult to trust Him, so we must commit to Him to keep from anxiety.

IV. Prayer results in the peace of God guarding the heart. The minute the mind begins to swerve from its commitment to God, anxiety will take over.

Application questions:

1. What is the relationship between anxiety and praise?

2. How is one to gain peace when God is so unpredictable? Explain.

3. What are some things over which you have been anxious? List them below and spend some time in prayer committing yourself to God in these.
