

#1 – Anxious for Nothing

Pastor Shawn Peterson

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**February 28, 2021**

**Trust the Sovereign God**

**Philippians 4:4-5, Gensis 37-50**

John 10:10

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

Philippians 4:4-9

**4**Rejoice in the Lord always; again I will say, rejoice. **5**Let your reasonableness be known to everyone. The Lord is at hand; **6**do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **7**And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.**8**Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. **9**What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

**Big Idea:** **Since the Sovereign God is with you, trust Him and your anxiety will melt away.**

Joyful faith in the all-governing providence of God is like a spiritual inoculation or immunization against the troubles of this world. John Piper

Verses 4-5

**Rejoice in the Lord**

**The Lord is at hand**

**Since the Sovereign God is with you, trust Him and your anxiety will melt away**

Rather than rehearse the chaos of the world, rejoice in the Lord’s sovereignty as Paul did. Max Lucado

1st step to Break Free and experience God’s peace is **setting our mind on His sovereign Rule.**

Genesis 37:8

… hated him even more for his dreams and for his words.

Genesis 37:19-20

**19**They said to one another, “Here comes this dreamer. **20**Come now, let us kill him and throw him into one of the pits. Then we will say that a fierce animal has devoured him, and we will see what will become of his dreams.”

Would you be anxious if you were in Joseph’s shoes?

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Genesis 45:4-8

**4**So Joseph said to his brothers, “Come near to me, please.” And they came near. And he said, “I am your brother, Joseph, whom you sold into Egypt. **5**And now do not be distressed or angry with yourselves because you sold me here, **for God sent me** before you to preserve life. **6**For the famine has been in the land these two years, and there are yet five years in which there will be neither plowing nor harvest. **7**And **God sent me** before you to preserve for you a remnant on earth, and to keep alive for you many survivors.**8**So it was **not you who sent me here, but God**. He has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt.

Isaiah 26:3

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

**2 Insights into Trusting a Sovereign God**

1 - Joseph saw God’s ultimate plan.

2 - Joseph saw that God’s ultimate plan was more important than his personal comfort

Genesis 37-50

14 chapters

**What is the opposite of trusting God?**

* Self-reliance
* Random-reliance

Proverbs 3:5-6

**5** Trust in the Lord with all your heart,  
    and do not lean on your own understanding.  
**6**In all your ways acknowledge him,  
    and he will make straight your paths.

**Growth Group Questions**

**Trust the Sovereign God**

**Philippians 4:4-5, Gensis 37-50**

[FoothillsBibleChurch.org/growth-groups](https://www.foothillsbiblechurch.org/growth-groups/)

**Big Idea:**Since the Sovereign God is with you, trust Him and your anxiety will melt away.

**Goal:** Trust God’s sovereignty to bring you victory over anxiety!

**Prepare**

This week we are diving into Philippians 4:4-9 asking God to free us from anxiety through the Holy Spirit's power. The personal preparation time and discussion are meant to help us flesh out what we have learned through the sermon and apply it more thoroughly in our lives together.

1. **Watch**Pastor Shawn's sermon, Trust the Sovereign God, noting anything memorable and impactful as you go. You can take notes in the FBC app if you would like.
2. **Read:**Philippians 4:4-9; John 10:10; Proverbs 3:5-6; Isaiah 26:3
3. **Memorize and Recite Together:**Philippians 4:6-7 "do not be anxious about anything, 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 your minds in Christ Jesus."
4. **Pray:***God, I believe you are a freedom-giving Savior. You save me from the penalty of my sin, and you empower me to live a new life. I believe, in faith, that I can live free from anxiety through the power of Jesus Christ living within me. I believe, in faith, that your Word is eternally true and transformative to me. So please, change me for your glory, my enjoyment, and the benefit of others. In Jesus name, Amen*

**Connect**

1. Talk about a time someone reassured you when you were afraid.

**Discussion**Take some time to personally reflect on these questions after viewing the sermon and before your G2. It could make for a great morning devotional time! You can type and save your responses in the FBC app privately if you would like.

1. What did you learn about God and yourself from this sermon and passage and what would you like to see change in your life because of it?

**Confront the Chaos**

1. Consider what *sovereign* means in your everyday life. Do you believe you have yielded sovereignty to God? If not, why? If yes, does your behavior reflect a sturdy belief system? Why/why not?
2. There are many things which may make it difficult to trust in the goodness of God's sovereignty. Read 2 Cor. 11:23-29, Paul's long list of perils. Then read in Philippians 1:12-13 Paul's response to his circumstances. In what circumstances do you struggle to trust God's purposes?
   1. Do you feel God is fair in asking for a pure response like Paul's? Why/why not?
   2. What keeps you from fully believing God is a good Father who cares for every detail of your life?

**Choose Calm**

1. Choose a potentially anxiety causing situation you are in right now. Describe the anxiety choice and the trusting choices.
   1. How can you choose hope in this situation? What must you relinquish to do so?
2. "The mind cannot at the same time be full of God and full of fear." What truths of God do you find helpful in confronting your fears directly and specifically?
   1. What steps will you take to fill your mind with these truths instead of feeding the fear?

**Meditate**

1. We need the truth and reality of God's good, wise, and loving sovereignty at the core of our lives. Choose one of the following Scriptures to meditate on this next week. You will have an opportunity to share its impact on you in the next G2 meeting. Genesis 50:20; Psalm 102:27; Lamentation 3:17-20; Romans 1:25; Hebrews 13:8
2. As a church we are memorizing Philippians 4:6-7 during this series. **Recite Philippians 4:6-7 together and daily through the week:** *"do not be anxious about anything, 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 your minds in Christ Jesus."*

**Closing Prayer** This prayer section is a guide to help you process with God what you have learned about Him and yourself through the sermon, personal preparation time, and discussion, then seek the Holy Spirit's power in applying it in your life. Sharing these responses in your G2 will help others gain insight into God and themselves while also helping and encouraging one another toward growth

1. **Admire:**Praise God for His sovereignty, perfect wisdom, and love which allow you to fully rest peacefully in His presence in any situation.
2. **Admit:**Share things causing you anxiety right now. Pray thankfully through each response you can foresee from God in the situation.
3. **Aspire:**Take the time to bring anxieties before the Lord and pray, "Lord, I believe; help my unbelief!" (Mark 9:24). Pray expectantly for victory over the anxiety no matter how God chooses to respond.
4. **Ask**: Keep track of requests and celebrations from others in your G2 and pray for them.