

ALFRED STREET BAPTIST CHURCH

Sept.
18/19

Anxious for Nothing part 2



A sermon series by Rev. Dr. Howard-John Wesley

@PastorHJW



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REV. DR. HOWARD-JOHN WESLEY, SENIOR PASTOR

#ANXIOUS4NOTHING | #PHJW | #ASBCSERMONSERIES



Sunday, September 19, 2021

Preacher: Rev. Dr. Howard-John Wesley

Sermon: "Anxious for Nothing" Part 2

Scripture: Philippians 4:6,7 (KJV)

CURRICULUM GUIDE



Sermon Summary

Anxiety is contrary to the peace of God and is not God's will for your life. Paul's formula for dwelling in the peace of God instead of the torment of anxiety is prayer, supplication, and thanksgiving. It is absolutely impossible to overestimate the necessity and the power of prayer. Paul's use of the words prayer and supplication seems redundant but it is not. Supplication means to make a request. But prayer means more than simply asking God to do something. To enter the space of prayer, confession and repentance are necessary. You can pray and still be anxious. Without repentance there is always the fear of reaping the full consequence of our sin. When you repent and confess, "when you deal with your dirt", the mercy of God kicks-in and removes all anxiety. It is then, with "clean hands", that you can truly, without fear, make your request known to God. Pray about everything. Don't just give God the broken things that you can't handle. Learn to reach the place where you lay your whole life in front of God. With supplication ask of the Lord what you stand in need of. Ask God for the miraculous; then put it in God's hands and let God have God's way. There is something about asking God for what you need that triggers God to send you peace. In the midst of our request to God is also the invitation to God to enter our situations and turn them around. When you know that God is in the midst of your circumstance you can ask God for anything because God can do anything. God can always deliver more than one outcome. Give thanksgiving. Anxiety imagines what hasn't happened but thanksgiving remembers the multitude and magnitude of what God has already done. Even when moving into an unknown future, remembering what God has done in your life reassures that God's intervention is always closer than it appears.

Getting To Know You Questions:

1. Have you ever been uncomfortable acknowledging to yourself or others that you were dealing with feelings of anxiety or fear?
2. How were you raised to think about mental health issues?
3. Are there any particular situations that automatically make you anxious?
4. "What A Friend We Have In Jesus" is a well-known hymn that encourages believers during times of anxiety and stress. Do you have specific inspirational songs or hymns that encourage you during stressful/anxious times?





Into The Bible Questions:

1. Before this week's sermon did you think "prayer" and "supplication" referred to the same concepts?
2. This week we learned about *proseuche* (space of prayer; prayer on sacred ground). Do you have a specific place (or places) for praying that are meaningful and sacred to you?

Life Application Questions:

1. The sermon reminds us that there is something about asking God for what you need that triggers God's peace. Why is this a significant statement about how God works?
2. Is it really possible to pray about everything? Why is it so hard to do sometimes?
3. Are there times when you are anxious about asking God for what you really want?
4. How many moments are there in your daily walk with God when "thanks is not on your agenda"? Name some times when "praise doesn't really seem to fit the situation."
5. Have you ever felt that an appeal for praise and thanksgiving was being used on you by "religious folk" as a manipulative tool?

Activity:

1. Create two columns. Label the left one 'Prayers' and the right one 'Prayers Answered'. This week list the prayers you ask of God, and write down when God answers. Reflect on how often and varied are the ways God can deliver victory!
2. Reflecting on your experiences throughout the pandemic, write a gratitude list of things God has done for you since March 2020. Which items on your list are you most thankful for?

Spirit Work:

1. The power of the prayer rests not in what you ask God for but in how you invite God into the midst of it. This week consider spending time developing practices that help you grow in the ways you invite God into the midst of your circumstances and what you pray for.
2. Set aside time every day to remember the things God has already done in your life.
3. Consider developing a method, where you remember one instance when you experienced God's forgiveness. Develop a practice of confession as a means to 'deal with your dirt'. Watch, wait and listen for your experience of God's peace and forgiveness..

Additional Questions for Married Couples:

1. Do you share your fears and anxiety with your spouse or do you tend to keep them to yourself?
2. Sharing fears and anxieties can be scary. How do you create space for your spouse to share their fears? Has the way you do this changed over the course of your relationship?
3. Are there ever moments as a couple when one person is thankful but giving thanks and praise did not seem to fit a situation for your spouse?



Spirit Work:

Additional Questions for Young Adults:

1. How would someone hearing you pray describe your prayer style?
2. What are five different ways you can pray?
3. Can you remember three instances where you prayed, and God delivered a different outcome? How did God's 'anything' show up in your life?

Additional Questions for Parents:

1. As a parent have your fears and anxieties changed during the pandemic or created different levels of anxiety for you about how to protect your children?
2. How do you cope with your own fears and anxieties about your children's welfare without overly suffocating them?
3. Have you ever prayed about situation(s) involving your children, put it entirely in the Lord's hands, yet felt the situation(s) did not change?

Additional Questions for Women:

1. Which of your daily faith practices remind you of the shield of God's peace?
2. How would someone hearing you pray describe your prayer style?

Additional Questions for Men:

1. Are you affected by roles that men are sometimes expected to play when it comes to hiding feelings of fear and anxiety? Why or why not?
2. When is the last time that you admitted that you were anxious or afraid?