



## No Worries, Just Ask! (Philippians 4:1-7)

### **Be Anxious for Nothing**

“Therefore, my beloved and longed-for brethren, **my joy and crown, so stand fast in the Lord**, beloved. I implore Euodia and I implore Syntyche to **be of the same mind in the Lord**. And I urge you also, true companion, **help these women** who labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life. **Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men.** The Lord is at hand. **Be anxious for nothing**, 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 minds** through Christ Jesus.” Philippians 4:1-7 NKJV

### **Philippians 4:1-7**

☑ *“Therefore, my beloved and longed-for brethren, **my joy and crown, so stand fast in the Lord, beloved.**” Philippians 4:1 NKJV*

☑ **Paul’s Joy and Crown—his true priorities over his own life!**

☑ “Now when we heard these things, both we and those from that place pleaded with him not to go up to Jerusalem. Then Paul answered, “What do you mean by weeping and breaking my heart? **For I am ready not only to be bound, but also to die at Jerusalem** for the name of the Lord Jesus.”” Acts 21:12-13 NKJV

☑ “For I am already being **poured out as a drink offering**, and the time of my departure is at hand. I have fought the good fight, I have finished the race, I have kept the faith. Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on that Day, and not to me only but also to all who have loved His appearing.” II **Timothy** 4:6-8 NKJV

☑ **Previous in Philippians:** “Yes, and if I am **being poured out as a drink offering** on the sacrifice and service of your faith, I am glad and rejoice with you all. For the same reason you also be glad and rejoice with me. But I trust in the Lord Jesus to send **Timothy** to you shortly, that

I also may be encouraged when I know your state. For I have no one like-minded, who will sincerely care for your state. For all seek their own, not the things which are of Christ Jesus. But you know his proven character, that as a son with his father he served with me in the gospel." Philippians 2:17-22 NKJV

☑ **The Drink Offering—an offering added to a previous sacrifice (Numbers 15:2-5) like we are added to the sacrifice of Christ** (Note 09/26/2020 See [A Good Witness](#) for full teaching)

☑ "I beseech you therefore, brethren, by the mercies of God, that you present your bodies **a living sacrifice**, holy, acceptable to God, which is your reasonable service." Romans 12:1 NKJV

☑ **The First Drink Offering**

☑ ...."Your name is Jacob; your name shall not be called Jacob anymore, but Israel shall be your name." [\***Note in Genesis 32:22-32 Jacob wrestles for a blessings and is renamed Israel**] .... So Jacob set up a pillar in the place where He talked with him, a pillar of stone; and he poured a drink offering on it, and he poured oil on it. And Jacob

called the name of the place where God spoke with him, Bethel." Genesis 35:9-15 NKJV

☑ \*"And He said, "Your name shall no longer be called Jacob, but Israel; **for you have struggled with God and with men, and have prevailed.**"" Genesis 32:28 NKJV

☑ **Nevertheless to remain in the flesh is more needful for you:** "For to me, to live is Christ, and to die is gain. But if I live on in the flesh, this will mean fruit from my labor; yet what I shall choose I cannot tell. For I am hard-pressed between the two, having a desire to depart and be with Christ, which is far better. **Nevertheless to remain in the flesh is more needful for you.** And being confident of this, I know that I shall remain and continue with you all for your progress and joy of faith, that your rejoicing for me may be more abundant in Jesus Christ by my coming to you again." Philippians 1:21-26 NKJV

☑ **Stand Fast**

☑ "Therefore, brethren, stand fast and **hold the traditions** which you were taught, whether by **word** or our **epistle.**" II Thessalonians 2:15 NKJV

☑ **Stand Fast in the Word:** "I will **stand my watch** And **set myself on the rampart,** And **watch to see what He will**

say **to me**, And what I will answer when I am corrected.  
Then the LORD answered me and said: “**Write the vision**  
And **make it plain on tablets**, That **he may run who reads**  
**it**. For the vision is yet **for an appointed time**; But at the  
end **it will speak**, and **it will not lie**. Though it tarries,  
wait for it; Because it will surely come, It will not tarry.  
“Behold the proud, His soul is not upright in him; But **the**  
**just shall live by his faith.**” Habakkuk 2:1-4 NKJV

☑ *“I implore Euodia and I implore Syntyche **to be of the same mind in the Lord**. And I urge you also, true companion, **help these women** who labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the **Book of Life**.”* Philippians 4:2-3 NKJV

☑ **Be of the same mind...** (see [Others' Lives Matter](#) [Phil. 2:1-11] from 9-19-2020 for full teaching on this subject)

☑ Like Minded, Same Love, One Accord, One Mind

☑ **One Spirit with One Mind:** “Only let your **conduct be worthy of the gospel** of Christ, so that whether I come and see you or am absent, **I may hear of your affairs**, that you stand fast in **one spirit**, with **one mind striving together** for the faith of the gospel,” Philippians 1:27  
NKJV

- ☑ **That they may be one:** ““I do not pray for these alone, but also for those who will believe in Me through their word; **that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me. And the glory which You gave Me I have given them, that **they may be one just as We are one:** I in them, and You in Me; **that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me.” John 17:20-23 NKJV****
- ☑ **One Accord:** “When the Day of Pentecost had fully come, they were all with **one accord** in one place.” Acts 2:1 NKJV
- ☑ **One New Man:** “Therefore remember that you, once Gentiles in the flesh—who are called Uncircumcision by what is called the Circumcision made in the flesh by hands— that at that time you were without Christ, being aliens from the commonwealth of Israel and strangers from the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For He Himself is our peace, **who has made both one,** and has broken down the middle wall of

separation, having abolished in His flesh the enmity, that is, the law of commandments contained in ordinances, so as to create in Himself **one new man** from the two, thus making peace, and that He might reconcile them both to God in one body through the cross, thereby putting to death the enmity. And He came and preached peace to you who were afar off and to those who were near. **For through Him we both have access by one Spirit to the Father.**” Ephesians 2:11-18 NKJV

☑ **Unity of the Spirit:** “I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the **unity of the Spirit** in the bond of peace. There is **one body and one Spirit**, just as you were called in **one hope of your calling; one Lord, one faith, one baptism; one God and Father of all**, who is above all, and through all, and in you all.” Ephesians 4:1-6 NKJV

☑ **Unity of the Faith:** “And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the **equipping of the saints** for the work of ministry, for the **edifying of the body of**

**Christ**, till we all come to the **unity of the faith** and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ; that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, but, speaking the truth in love, may grow up in all things into Him who is the head—Christ— **from whom the whole body, joined and knit together by what every joint supplies**, according to the **effective working** by which every part does its share, causes growth of the body for the edifying of itself in love.” Ephesians 4:11-16 NKJV

☑ **Help one another...**

☑ “I commend to you Phoebe our sister, who is a servant of the church in Cenchrea, that you may **receive her** in the Lord in a manner worthy of the saints, and **assist her in whatever business she has need of you**; for indeed she has been a helper of many and of myself also.” Romans 16:1-2 NKJV

☑ “And these things command, that they may be blameless. But **if anyone does not provide for his own, and especially for those of his household**, he has denied the



faith and is **worse than an unbeliever.**" 1 Timothy 5:7-8  
NKJV

- ☑ "Therefore, as we have opportunity, let us do good to all, **especially to those who are of the household of faith.**"  
Galatians 6:10 NKJV

### ☑ **The Book of Life**

- ☑ Nevertheless do not rejoice in this, that the spirits are subject to you, but **rejoice that your names are recorded in heaven.**" Luke 10:20

- ☑ Then Moses returned to the Lord, and said, "Alas, this people has committed a great sin, and they have made a god of gold for themselves. But now, if You will, forgive their sin—and if not, **please blot me out from Your book which You have written!**" The Lord said to Moses, "Whoever has sinned against Me, **I will blot him out of My book.** Exodus 32:31-33

- ☑ "Your eyes saw my substance, being yet unformed. **And in Your book they all were written,** The days fashioned for me, When as yet there were none of them." Psalms 139:16 NKJV

- ☑ "Let them be blotted out of the **book of the living,** And not be written with the righteous." Psalms 69:28 NKJV

- ☑ **Revelation:**

- ☑ He who overcomes will thus be clothed in white garments; and **I will not erase his name from the book of life**, and I will confess his name before My Father and before His angels. Revelation 3:5
- ☑ All who dwell on the earth will worship him, everyone whose name has **not been written** from the foundation of the world in the **book of life** of the Lamb who has been slain. Revelation 13:8
- ☑ “The beast that you saw was, and is not, and is about to come up out of the abyss and go to destruction. And those who dwell on the earth, whose name **has not been written in the book of life** from the foundation of the world, will wonder when they see the beast, that he was and is not and will come. Revelation 17:8
- ☑ And if anyone’s name was not found **written in the book of life**, he was thrown into the lake of fire. Revelation 20:15
- ☑ and nothing unclean, and no one who practices abomination and lying, shall ever come into it, **but only those whose names are written in the Lamb’s book of life**. Revelation 21:27

☑ ***“Rejoice in the Lord always. Again I will say, rejoice!”***

*Philippians 4:4 NKJV*

☑ **Rejoice Always**

☑ **The Joy of the Lord is my strength:** “To You I will cry, O LORD my Rock: Do not be silent to me, Lest, if You are silent to me, I become like those who go down to the pit. **Hear the voice of my supplications** When I cry to You, When I lift up my hands toward Your holy sanctuary. Do not take me away with the wicked And with the workers of iniquity, Who speak peace to their neighbors, But evil is in their hearts. Give them according to their deeds, And according to the wickedness of their endeavors; Give them according to the work of their hands; Render to them what they deserve. Because they do not regard the works of the LORD, Nor the operation of His hands, He shall destroy them And not build them up. Blessed be the LORD, Because **He has heard the voice of my supplications!** **The LORD is my strength and my shield; My heart trusted in Him, and I am helped; Therefore my heart greatly rejoices,** And with my song I will praise Him. **The LORD is their strength,** And He is the saving refuge of His anointed. Save Your people, And bless Your

inheritance; Shepherd them also, And bear them up forever." Psalms 28:1-9 NKJV

- ☑ The Book of the Law is read to the People:
- ☑ "Now all the people gathered together as one man in the open square that was in front of the Water Gate; and they told **Ezra the scribe to bring the Book of the Law of Moses**, which the LORD had commanded Israel. So Ezra the priest **brought the Law before the assembly** of men and women and all who could hear with understanding on the first day of the seventh month. **Then he read from it in the open square** that was in front of the Water Gate from morning until midday, before the men and women and those who could understand; and the ears of all **the people were attentive to the Book of the Law. ... And Ezra opened the book in the sight of all the people**, for he was standing above all the people; and when he opened it, all the people stood up. And Ezra blessed the LORD, the great God. **Then all the people answered, "Amen, Amen!"** while lifting up their hands. And they bowed their heads and worshiped the LORD with their faces to the ground. ... and the Levites, helped the people to understand the Law; and the people stood in their place. **So they read distinctly from the book, in the**

**Law of God; and they gave the sense, and helped them to understand the reading.** And Nehemiah, who was the governor, Ezra the priest and scribe, and the Levites who taught the people said to all the people, “This day is holy to the LORD your God; do not mourn nor weep.” **For all the people wept, when they heard the words of the Law.** Then he said to them, “Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. **Do not sorrow, for the joy of the LORD is your strength.**”” Nehemiah 8:1-10 NKJV

☑ As as we will see next week...in Meditate on these things: “But his delight is in the law of the LORD, And in His law he meditates day and night.” Psalms 1:2 NKJV

☑ **Seek First... that is how you will have no worriers!**

☑ ““Therefore I say to you, do not worry... ... But **seek first the kingdom** of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” Matthew 6:25-34 NKJV [SEE NEXT SECTION]

☑ ***“Let your gentleness be known to all men. The Lord is at hand.”*** *Philippians 4:5 NKJV*

☑ Gentleness

☑ “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, **gentleness**, self-control. Against such there is no law.” Galatians 5:22-23 NKJV

☑ Meekness = Absolute power + Gentleness

☑ “But Jesus said to him, “Put your sword in its place, for all who take the sword will perish by the sword. **Or do you think that I cannot now pray to My Father, and He will provide Me with more than twelve legions of angels?** How then could the Scriptures be fulfilled, that it must happen thus?”” Matthew 26:52-54 NKJV

☑ *“Be anxious for nothing, 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 minds** through Christ Jesus.”* Philippians 4:6-7 NKJV

☑ Anxiousness

☑ Worry

☑ “In the multitude of my anxieties within me, **Your comforts delight my soul.**” Psalms 94:19 NKJV

☑ “Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, **casting all your care upon Him**, for He cares for you.” I Peter 5:6-7 NKJV

☑ ““Therefore I say to you, **do not worry about your life**, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. **But seek first the kingdom of God and His**

**righteousness**, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble." Matthew 6:25-34 NKJV

☑ Fear

☑ "For God **has not given us a spirit of fear**, but of power and of love and of a sound mind." II Timothy 1:7 NKJV

☑ "Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world. **There is no fear in love; but perfect love casts out fear**, because fear involves torment. But he who fears has not been made perfect in love. We love Him because He first loved us." I John 4:17-19 NKJV

☑ "I sought the LORD, and He heard me, **And delivered me from all my fears**. They looked to Him and were radiant, And their faces were not ashamed." Psalms 34:4-5 NKJV

☑ "Yea, though I walk through the valley of the shadow of death, **I will fear no evil**; For You are with me; Your rod and Your staff, they comfort me." Psalms 23:4 NKJV



- ☑ “The LORD is my light and my salvation; **Whom shall I fear?** The LORD is the strength of my life; Of whom shall I be afraid?” Psalms 27:1 NKJV
- ☑ “God is our refuge and strength, A very present help in trouble. **Therefore we will not fear,** Even though the earth be removed, And though the mountains be carried into the midst of the sea; Though its waters roar and be troubled, Though the mountains shake with its swelling. Selah” Psalms 46:1-3 NKJV
- ☑ Rest
- ☑ “Come to Me, all you who labor and are heavy laden, and **I will give you rest.** Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” Matthew 11:28-30 NKJV
- ☑ Prayer
- ☑ ““And **when you pray,** you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. **But you, when you pray,** go into your room, and when you have shut your door, pray to your Father who is **in the secret place;** and your Father who sees in

secret will reward you openly. And **when you pray**, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. “Therefore do not be like them. For your Father knows the things you have need of before you ask Him. In this manner, therefore, pray: **Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, As we forgive our debtors. And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.**” Matthew 6:5-13 NKJV

#### ☑ Supplication (plea)

☑ “Confess your trespasses to one another, and pray for one another, that you may be healed. **The effective, fervent prayer of a righteous man avails much.**” James 5:16 NKJV

☑ “Rejoice always, **pray without ceasing**, in **everything give thanks**; for this is the will of God in Christ Jesus for you.” I Thessalonians 5:16-18 NKJV

#### ☑ Thanksgiving

☑ **The Lord inhabits the praises of His people:** “O My God, I cry in the daytime, but You do not hear; And in the night

season, and am not silent. But You are holy, **Enthroned in the praises of Israel.**" Psalms 22:2-3 NKJV

☑️ "And since we have the same spirit of faith, according to what is written, **"I believed and therefore I spoke," we also believe and therefore speak,** knowing that He who raised up the Lord Jesus will also raise us up with Jesus, and will present us with you. For all things are for your sakes, that grace, having spread through the many, **may cause thanksgiving to abound to the glory of God.**" II Corinthians 4:13-15 NKJV

☑️ "But above all these things put on love, which is the bond of perfection. And let the peace of God rule in your hearts, to which also you were called in one body; and **be thankful.**" Colossians 3:14-15 NKJV

☑️ **"I will praise You, O LORD, with my whole heart;** I will tell of all Your marvelous works." Psalms 9:1 NKJV

☑️ **"Let us come before His presence with thanksgiving;** Let us shout joyfully to Him with psalms. For the LORD is the great God, And the great King above all gods." Psalms 95:2-3 NKJV

☑️ "I will praise the name of God with a song, And will magnify Him with thanksgiving." Psalms 69:30 NKJV

☑️ **Requests**

- ☑ **““Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.** For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him! Therefore, whatever you want men to do to you, do also to them, for this is the Law and the Prophets.” Matthew 7:7-12 NKJV
- ☑ **““Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. **And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it.**”** John 14:12-14 NKJV
- ☑ **You have not because you ask not:** “You lust and do not have. You murder and covet and cannot obtain. You fight and war. **Yet you do not have because you do not ask.** You ask and do not receive, **because you ask amiss,** that you may spend it on your pleasures.” James 4:2-3 NKJV

☑ **Peace**

- ☑ “Jesus answered them, “Do you now believe? Indeed the hour is coming, yes, has now come, that you will be scattered, each to his own, and will leave Me alone. And yet I am not alone, because the Father is with Me. **These things I have spoken to you, that in Me you may have peace.** In the world you will have tribulation; but be of good cheer, I have overcome the world.”” John 16:31-33 NKJV

☑ **Guard your heart and mind**

- ☑ “Your word I have **hidden in my heart**, That I might not sin against You.” Psalms 119:11 NKJV
- ☑ **How do you guard your heart and mind?** “**Hear, my children, the instruction of a father**, And give attention to know understanding; For I give you good doctrine: **Do not forsake my law.** When I was my father’s son, Tender and the only one in the sight of my mother, He also taught me, and said to me: “**Let your heart retain my words; Keep my commands**, and live. Get wisdom! Get understanding! Do not forget, nor turn away from the words of my mouth. Do not forsake **her**, **and she will preserve you**; Love her, and she will keep you. Wisdom is the principal thing; Therefore get wisdom. And in all

your getting, get understanding. Exalt her, and she will promote you; She will bring you honor, when you embrace her. She will place on your head an ornament of grace; **A crown of glory she will deliver to you.**" Hear, my son, and receive my sayings, And the years of your life will be many. I have taught you in the way of wisdom; I have led you in right paths. **When you walk, your steps will not be hindered, And when you run, you will not stumble. Take firm hold of instruction,** do not let go; Keep her, **for she is your life.** Do not enter the path of the wicked, And do not walk in the way of evil. Avoid it, do not travel on it; Turn away from it and pass on. For they do not sleep unless they have done evil; And their sleep is taken away unless they make someone fall. For they eat the bread of wickedness, And drink the wine of violence. But the path of the just is like the shining sun, That shines ever brighter unto the perfect day. The way of the wicked is like darkness; They do not know what makes them stumble. **My son, give attention to my words; Incline your ear to my sayings.** Do not let them depart from your eyes; Keep them in the midst of your heart; For they are life to those who find them, And health to all their flesh. (23) **Keep your heart with all**

**diligence, For out of it spring the issues of life.** Put away from you a deceitful mouth, And put perverse lips far from you. **Let your eyes look straight ahead, And your eyelids look right before you. Ponder the path of your feet, And let all your ways be established.** Do not turn to the right or the left; Remove your foot from evil.”

Proverbs 4:1-27 NKJV

### **NEXT WEEK**

Meditate on these Things (Philippians 4:8-9)