

“Redirecting Your Focus”

Mission Bible Study

Rev. James L. Doyle, Jr. , M.Div.
Monday, November 15, 2021

Phillippians 4:6-8

⁶ Be anxious for nothing, 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 minds through Christ Jesus..

⁸ Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

Three Dangers In Being Anxious:

- 1. Anxiety will cause you to doubt God**
- 2. Anxiety will cause you to doubt yourself**
- 3. Anxiety will cause you to make the wrong decision**

LESSON #1: Anxiety will cause you to doubt God

❖ **Philippians 4:6-7**

- **Be careful for nothing means “don’t worry about anything”**
- **We need to turn our worries to prayers – from prayers to praise, knowing that God will work things out**

LESSON # 2: Anxiety Will Cause You to Doubt Yourself

❖ **Philippians 4:6**

- Satan's tries to make us focus on our inabilities and less on God's capabilities

LESSON # 3: Anxiety Will Cause You to Make the Wrong Decision

❖ **Philippians 4:8**

- What we allow to be on our minds determines our words and actions
- We need to focus more on true thoughts and God than what we see around us
- Examine what we place in our minds (TV, social media, books, movies, etc.). There are dangerous things that will cause us to ungodly decisions