

Worry Is Like A Gnawing Rat
Sermon Outline & Devotional Guide
Philippians 4:6-13
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- + *Philippians 4:6-7*, “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (NIV).
 - + *Proverbs 6:6-8*, “Take a lesson from the ants, you lazybones. Learn from their ways and become wise! ⁷Though they have no prince or governor or ruler to make them work, ⁸they labor hard all summer, gathering food for the winter” (NLT).
- Concern anticipates coming events and takes appropriate action that can eliminate worry. Anxiety (worry) anticipates potential disasters that we cannot control and we just fret about it.
 - Worry focuses primarily on events in which we have absolutely no _____.

How Do We Stop The Gnawing Rat of Worry?

1. Remember, worry is _____ (Matt. 6:27).

2. Remember, worry is _____ (Matt. 6:27).

3. Remember, worry is _____ (Matt. 6:27).

- Paul said, “Do not be anxious, do not worry.” The word he uses is the Greek word [μεριμνάω; merimnaō] and it comes from two smaller words, “merizo,” meaning “to _____,” and “nous,” meaning “the _____.” A person who is anxious, who worries suffers from a divided mind. Our English word “worry” is from the German, “worgen,” which means “to _____.”

4. Remember, worry is _____ (Matt. 28:20; Rom. 8:28).

- + *Romans 8:28*, ““And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose” (NASB).
 - + *Philippians 4:13* “I can do all things through Him who strengthens me” (NASB).
 - + *Matthew 6:25-30*, “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? ²⁶Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? ²⁷Can all your worries add a single moment to your life? ²⁸“And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, ²⁹yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?” (NLT).
- Worry is a sin because it refuses to have _____ in God.
- + *Philippians 4:11-12*, “Not that I was ever in need, for I have learned how to be content with whatever I have. ¹²I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little” (NLT).
- According to the Apostle Paul, the prescription for the virus of worry is _____ Philippians. 4:6).

Two Key Words in Philippians 4:6

1. The first key word is the word _____.

- + *Matthew 6:32-24; 7:9-11*, “Don’t worry, because your Father in heaven knows all your needs. ³³What you should want most is God’s kingdom, His rule in your life and doing what He wants you to do. Then He will help meet your needs. ³⁴So don’t worry about tomorrow. Each day has enough trouble of its

own. Tomorrow will have its own worries . . . ^{7:9}Would any of you who are fathers give your son a stone when he asks for bread? ¹⁰Or would you give him a snake when he asks for a fish? ¹¹As bad as you are, you know how to give good things to your children. How much more, then, will your Father in heaven give good things to those who ask Him! (PAR).

2. The second key word is the word _____.

- + Psalms 4:8, "When I lie down, I go to sleep in peace; You alone, O Lord, keep me perfectly safe" (GNT).
- + Philippians 4:7, "Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus" (NLT).
 - "Guard" in Philippians 4:7 is the Greek New Testament word [$\phi\rho\upsilon\rho\epsilon\acute{\omega}$; $\phi\rho\upsilon\rho\epsilon\acute{o}$]. It was a word that referred to a soldier's duty to stand guard and ensure that prisoners do not _____."
- + Matthew 10:28, Jesus said, "Don't be afraid of those who want to kill your body; they cannot touch your soul. Fear only God, who can destroy both soul and body in hell" (NLT).
- + Isaiah 4:6, "The Lord will be a shelter and shade from the heat of the day, and a refuge and hiding place from the storm and rain" (PAR).
- + John 14:27, Jesus said, "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid" (NLT).
- + Romans 14:8, "If we live, it's to honor the Lord. And if we die, it's to honor the Lord. So whether we live or die, we belong to the Lord" (NLT).
- + Luke 12:15, Jesus said, "Life is not measured by how much one owns" (NCV).
- + Job 1:21, "The Lord gave me what I had, and the Lord has taken it away. Praise the name of the Lord!" (NLT).
- + Philippians 4:19, "And this same God who takes care of me will supply all your needs from His glorious riches, which have been given to us in Christ Jesus" (NLT).
- + Galatians 5:22a, "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace . . ." (NLT).
- Other promises from God about this are Psalms 91:1-2; Proverbs 3:24; Isaiah 26:3; Psalm 121; Matthew 28:20b; Romans 8:28; Colossians 3:15.

When Tempted To Worry, Ask Yourself These Questions

1. Have I _____ about it? (Phil. 4:6).
2. Do my actions _____ I really believe what and in Who I say I believe? (Jam 1:22-25).
3. Can I survive the _____ with God's help? (Rom. 8:35ff).
4. How much is it going to matter in a _____ years from now? (Matt. 6:31-34).
5. Am I making the _____ of today? (Ps. 118:24).

- + Matthew 6:33-34, Jesus said, "Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need. ³⁴So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today" (NLT).
- + Proverbs 3:5-8, "Trust in the Lord with all your heart. Never rely on what you think you know. ⁶Remember the Lord in everything you do, and He will show you the right way. ⁷Never let yourself think that you are wiser than you are; simply obey the Lord and refuse to do wrong. ⁸If you do, it will be like good medicine, healing your wounds and easing your pains" (GNT).

***** Next Steps Devotional Questions *****

1. How much do you worry? Why?
2. Take a moment and read the additional Bible verses mentioned above. Which of these spoke the most to you and why?
3. In the 5 questions above, how would you answer them and why?
4. What worry is gnawing on you? Will you go to the Lord in prayer and let Him suffocate it or will you keep letting it strangle and choke you? What will you do and when are going to do it?