Women of Africa Care Pty Ltd

WOAC On Air – 25 August 2022

Inspiration brought by Ruth, Nadine, Judy, Angelina
Episode 13 – Be Anxious for Nothing

Sub-Title - Overcoming fear and anxiety

Context of Paul's concluding letter to the Phillippians

Be Anxious for Nothing; Think These Thoughts

*"**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." Philippians 4.6-7

Be Anxious – Greek word merimnate **root word 309** *merimnáō* (from 3308 */mérimna*, "a *part*, as opposed to the whole") – properly, drawn in opposite directions; "divided into parts"- "to go to pieces" because *pulled apart* (in different directions), like the force exerted by sinful *anxiety* (*worry*).

For Nothing -**médeis, médemia, méden:** all , any anyone, anything, never, no man, no one, no way, nothing

Personal Testimonies

What happens in the life of an anxious mindset - "being pulled apart in yourself, divided into parts, drawn in opposite directions spirit and soul.

Tanya Stacey, Carina Mohanpersadh

Overcoming fear (Ruth hijacked), Judy (Height Phobia)

Solution to avoiding the trap of anxiety, fear

"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."*

"There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love."1 John 4.18

"For God gave us a spirit not of fear but of power and love and self-control." 2 Tim 1.7

'Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.' 1 John 4.4