

## THE AGE OF ANXIETY

Introduction – Human beings have always been plagued by fear, worry, and anxiety. Some have dubbed our age as one of great anxiety because of the rapid nature of changes in our society.

- A. The Apostle Paul had good reason to be anxious. He was awaiting trial before Nero.

Philippians 1:12-13

- B. Paul's Advice about Anxiety

Philippians 4:4-7

- C. Concentrate on what you can control.

Philippians 4:8-9

- D. The Secret to Contentment

Philippians 4:11-13

Conclusion – Practicing the spiritual discipline of rejoicing in the Lord and being thankful is the answer in any age to anxiety.