

# ANXIOUS FOR NOTHING

Philippians 4:6-7

May the Lord use these pages to strengthen your faith, sharpen your discernment, and draw you closer to Him.

# Anxious for Nothing



## Scripture

*“Do not be anxious about anything, 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 your minds in Christ Jesus”*

*Philippians 4:6-7*

Read that again. Paul wrote this letter while in prison! Imagine sitting in prison, for the crime of teaching about Christ, and writing about the peace that God brings. But, read the verse carefully. At a glance, it could be read as...pray and everything will be okay .

The King James translation of this verse begins: “Be careful for nothing, but in everything by prayer...” The word used, ‘do not be *anxious*’ in the ESV and ‘Be *careful* for nothing’ in the KJV

## WORD STUDY

The word in this passage (anxious/careful) is the Greek word: **merimnao** (mer-im-nah'-o). The root of merimnao is merizo, which means ‘to divide.’ Merimnao, in this passage, means to be drawn in different directions, to be pulled apart.

In verse 7, the word ‘guard’ in Greek is **phroureo** (froo-reh'-o). It is the word used in military context — post spies at the gate; soldiers stationed around a city. “...the peace of God...will *guard* your hearts and minds...”

By exploring the Greek words, we can see this passage is much deeper than a simple ‘pray and God will make it okay!’

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## What it Means

Paul is not telling the people of Philippi to stop feeling anxious — to stop worrying. Paul is telling them to make a mindful change to their thinking and their behavior — don't let their minds be divided. He is commanding them to pray about everything...with supplication (humbly/earnestly) and while giving thanks to God. And, He is telling them, in verse 7, that if they do this, if they clear their mind and pray in this manner, they will be surrounded by the peace of God. God will put protection around their hearts and minds.

Knowing that — knowing that God will surround your heart and mind with the strength of an army — will you “let your requests be made known to God,” will you pray when you feel yourself drawn in different directions?

For a deeper study, cross reference these verses:

Matthew 6:25-34

1 Corinthians 7:32-34

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## Discern the Truth

It’s ‘normal’ to be anxious, right? With all of the seriousness in the world, we’re bound to worry about some of it! We have to be responsible; we have to ‘prepare for the worst.’ You can even argue that it is irresponsible if you don’t worry about...your kids’ future, the retirement account, the new noise the car just started making.

Making a plan for the inevitable isn’t the same as worrying about the unknown. Saving money for new tires isn’t the same as worrying that I’m going to run over a nail. Paul tells us that when we find our minds being pulled apart with thoughts of things we can’t control, we should pray — earnestly and humbly pray, with thanksgiving — and feel the real peace that comes from God.

Ask yourself: When worry rises in your mind and heart, is your first response to go to God in prayer or is your first response to turn the problem over and over in your mind?

Remember, Paul is in prison. Now, read the verses again. Read the verses before and after — read Philippians 4:4-11.

Be anxious for nothing

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*It is not possible to be filled with the peace of God while clinging to anxiety.  
What choice will you make today?*

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## Observe & Apply

You keep your prayer list and faithfully pray for those in need. You ask God to provide for your family. You read from the Bible every day. But, do you also lie awake replaying conversations that didn't go well or replaying the disagreement you had earlier? Do you tie yourself in knots over your family's finances every month? Do you get a knot in your stomach as you doom scroll through the news every day?

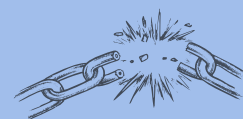
- Think about the last time anxiety gripped you. Did you pause and bring it to God in prayer and thanksgiving or did you let it pull you in different directions?
- Think about a time that you were so anxious about something that you finally brought it all to God. How did you feel after you did that?
- What have you recently been anxious about that you still need to bring to God? How does that anxiety affect your decisions and the people around you? Can you see how we cannot live **Safe in Christ** while steeping in anxiety?

When we truly trust God, we will not only experience His peace, we will model for others how to live **Safe in Christ**.



# ENSNARED NO MORE: DAILY MOMENTS OF DISCERNMENT

VOLUME 2 · MOMENT 1



EnsnaredLife.com

I launched EnsnaredLife.com with a desire to curate honest, truth-telling content alongside simple, purposeful things that strengthen a woman's walk with Christ or just add a little sunshine into the day. I am not a theologian or a professional blogger. I just wanted to learn something new while seeking wisdom and discernment every single day.

I value any time when I can sit alone, or in a small group, and study God's word, but I really wanted something that I could truly grab onto — something deeper than a quick devotional, more meaningful than what's usually on the shelf, yet still doable in the middle of real life. Most of all, I wanted it to be honest, without watering down or ignoring hard truths.

After much prayer about where to take this project, these **Daily Moments of Discernment** are the result. I pray that these short, standalone moments point you straight back to Scripture and help you live **Safe in Christ** — free from the snares that easily entangle us (Proverbs 29:25).

*Thank you for supporting this project and thank God for the inspiration to create it.*

Unless otherwise noted:

- All scripture citations are taken from the 2001 ESV translation.
- Word studies and cross-references are from the Crossway ESV Study Bible or the e-Sword Bible app
- Interpretations are my own, guided first by prayer and then by the many reference books and Bible translations on my shelf and, when helpful, an internet search to check a fact.

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