

**Free From Anxiety**  
**Wednesday November 6, 2024**  
**Dr. Pete Norris**

Wisdom is the principal thing; Therefore get wisdom. And in all your getting, get understanding. **(Proverbs 4:7 NKJV)**

Be anxious for nothing, 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 minds through Christ Jesus. **(Philippians 4:6, 7 NKJV)**

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 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.” **(Philippians 4:6-7 NLT)**

“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?” **(Matthew 6:25 NKJV)**

And do not seek what you should eat or what you should drink, nor have an anxious mind. For all these things the nations of the world seek after, and your Father knows that you need these things. But seek the kingdom of God, and all these things shall be added to you. “Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom. **(Luke 12:29-32 NKJV)**

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. **(John 14:27 NKJV)**

Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for “God resists the proud, But gives grace to the humble.” Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. **( 1 Peter 5:5-7 NKJV)**

Manifestation of God will not take place in anxiety.

For we who have believed do enter that rest, as He has said: “So I swore in My wrath, ‘They shall not enter My rest,’ ” although the works were finished from the foundation of the world. **(Hebrews 4:3 NKJV)**

What do we believe? The finished work.

Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths. **(Proverbs 3:5, 6 NKJV)**

Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness. Delight yourself also in the Lord, And He shall give you the desires of your heart. Commit your way to the Lord, Trust also in Him, And He shall bring it to pass. He shall bring forth your righteousness as the light, And your justice as the noonday. Rest in the Lord, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass. Cease from anger, and forsake wrath; Do not fret—it only causes harm. For evildoers shall be cut off; But those who wait on the Lord, They shall inherit the earth. **(Psalms 37:3-9 NKJV)**

You will never receive what you don't believe. When you have peace and are at rest, what you do will prosper.

And the Child grew and became strong in spirit, filled with wisdom; and the grace of God was upon Him. **(Luke 2:40 NKJV)**

Moreover the law entered that the offense might abound. But where sin abounded, grace abounded much more, **(Romans 5:20 NKJV)**

For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him. **(II Corinthians 5:21 NKJV)**

But Noah found grace in the eyes of the Lord. **(Genesis 6:8 NKJV)**

Then Jesus answered and said to them, “Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the Father do; for whatever He does, the Son also does in like manner. **(John 5:19 NKJV)**

Grace comes upon you when you rest and trust.

There remains therefore a rest for the people of God. **(Hebrews 4:9 NKJV)**

Now a certain man was there who had an infirmity thirty-eight years. When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me." Jesus said to him, "Rise, take up your bed and walk." And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath. The Jews therefore said to him who was cured, "It is the Sabbath; it is not lawful for you to carry your bed." **(John 5:5-10 NKJV)**

Now He was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her, "Woman, you are loosed from your infirmity." And He laid His hands on her, and immediately she was made straight, and glorified God. **(Luke 13:10-13 NKJV)**

Now it happened on another Sabbath, also, that He entered the synagogue and taught. And a man was there whose right hand was withered. So the scribes and Pharisees watched Him closely, whether He would heal on the Sabbath, that they might find an accusation against Him. But He knew their thoughts, and said to the man who had the withered hand, "Arise and stand here." And he arose and stood. Then Jesus said to them, "I will ask you one thing: Is it lawful on the Sabbath to do good or to do evil, to save life or to destroy?" And when He had looked around at them all, He said to the man, "Stretch out your hand." And he did so, and his hand was restored as whole as the other. **(Luke 6:6-10 NKJV)**

For he who has entered His rest has himself also ceased from his works as God did from His. **(Hebrews 4:10 NKJV)**

Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. **(Hebrews 4:1 NKJV)**