



WHAT GOD CAN DO WITH A HAPPY MEAL

How to Handle CHRISTmas Anxiety

Philippians 4:5–6 (NASB1995), John 6:1–14 (NASB1995)

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Bob Walpole, Guest Speaker

For over forty years Pastor Bob Walpole has found joy in his calling to preach and teach the inspired Word of God and Shepherd God's people. The emphasis of his pulpit ministry is the careful study and exposition of the Bible, and its application to our daily lives. During his years as a senior pastor, he served three California churches in San Diego, San Jose, and Santa Paula. For the past seven years, God has lead Bob to encourage and serve local churches through pulpit supply and as an Interim Pastor with an emphasis on training and supporting Pastor Search Teams. Bob holds a Master of Arts degree from Louisiana Baptist Theological Seminary. Bob and his wife, Cheryl, live in Ventura County, and have two adult children; and three grandchildren. Cheryl is currently serving as Substitute Teaching Leader for Bible Study Fellowship in Camarillo. When Bob is not speaking, they are excited to call ENCOUNTER their church home.

MESSAGE NOTES

For some, "the most wonderful time of the year" is the most anxious and stressful time of the year. For others it might just be the saddest time of the year. Maybe you are missing someone who was here last year, but they are gone this year. Maybe you are separated by many miles from family and friends and you feel all alone.

How can we put anxiety in the rearview mirror? How can joy and peace of mind increase and stress and anxiety decrease? How can we experience calm not chaos and peace not panic, is it possible? Does God have a remedy? Yes, help is available.

We will discover God's prescription as we take a brief look at Paul's exhortation in Philippians 4 to begin our study. Then we will draw some insights from one of our favorite events in the Bible that is the story of Philip, when the Lord fed 5,000 men plus women and children.

If your anxiety is causing you to look forward to December 26th more than December 25th, do we have a word for you! That word is IMMANUEL.

Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. – Philippians 4:5-6 (NASB1995)

- A. REFLECT a Gentle Spirit (vs. 4:5a)
Let your gentle spirit be known to all men.
- B. REALIZE the Lord is Near (vs. 5b)
The Lord is near.



C. REMEMBER to Be Anxious for Nothing (vs.6a)

Be anxious for nothing, ...

D. RELEASE Everything in Prayer (vs.6b)

... but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

After these things Jesus went away to the other side of the Sea of Galilee (or Tiberias). A large crowd followed Him, because they saw the signs which He was performing on those who were sick. Then Jesus went up on the mountain, and there He sat down with His disciples. Now the Passover, the feast of the Jews, was near. Therefore Jesus, lifting up His eyes and seeing that a large crowd was coming to Him, said to Philip, "Where are we to buy bread, so that these may eat?" This He was saying to test him, for He Himself knew what He was intending to do. Philip answered Him, "Two hundred denarii worth of bread is not sufficient for them, for everyone to receive a little." One of His disciples, Andrew, Simon Peter's brother, said to Him, "There is a lad here who has five barley loaves and two fish, but what are these for so many people?" Jesus said, "Have the people sit down." Now there was much grass in the place. So the men sat down, in number about five thousand. Jesus then took the loaves, and having given thanks, He distributed to those who were seated; likewise also of the fish as much as they wanted. When they were filled, He said to His disciples, "Gather up the leftover fragments so that nothing will be lost." So they gathered them up, and filled twelve baskets with fragments from the five barley loaves which were left over by those who had eaten. Therefore when the people saw the sign which He had performed, they said, "This is truly the Prophet who is to come into the world." – John 6:1–14

1. The MULTITUDE Following (vs.1-4)

After these things Jesus went away to the other side of the Sea of Galilee (or Tiberias). A large crowd followed Him, because they saw the signs which He was performing on those who were sick. Then Jesus went up on the mountain, and there He sat down with His disciples. Now the Passover, the feast of the Jews, was near.

2. The MISSING Faith (vs.5-7)

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3. The MIRACULOUS Feeding (vs.8-11)

One of His disciples, Andrew, Simon Peter's brother, said to Him, "There is a lad here who has five barley loaves and two fish, but what are these for so many people?" Jesus said, "Have the people sit down." Now there was much grass in the place. So the men sat down, in number about five thousand. Jesus then took the loaves, and having given thanks, He distributed to those who were seated; likewise also of the fish as much as they wanted.



4. The MANY Fragments (vs.12-13)

When they were filled, He said to His disciples, "Gather up the leftover fragments so that nothing will be lost." So they gathered them up, and filled twelve baskets with fragments from the five barley loaves which were left over by those who had eaten.

5. The MESSIAH Foretold (vs.14)

Therefore when the people saw the sign which He had performed, they said, "This is truly the Prophet who is to come into the world."

DISCUSSION QUESTIONS

Please read John 6:1-14 (NASB1995), and answer the following questions:

- Where did Jesus go? Who followed and why did they follow? (John 6:1-3)
- What question did Jesus ask Philip? (John 6:5)
- Why did Jesus ask this question of Philip? (John 6:6)
- What answer did Philip give and what does his response show? (John 6:7)
- Read Psalm 100:2. In your current life circumstances, where is God inviting you to "serve the Lord with gladness"?
- What food did Andrew say was available in the boy's "Happy Meal"? (John 6:8-9)
- How much was left over, and what was done with it? (John 6:12-13)
- What effect did this have on the people? (John 6:14) What does the name IMMANUEL mean?
- Please read John 20:30-31; how does this event demonstrate the nature and purpose of this miracle?
- Please commit to memory from Philippians 4:5-7, "REFLECT a gentle spirit, REALIZE the Lord is near, REMEMBER to be anxious for nothing, RELEASE everything in prayer and REJOICE in the peace of God."
- What is the big take away from this event that will help you in times of anxiety?