

Pastor Ron Case
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“Anxiety”

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. It’s not life more than food, and the body more than clothing?” (Matthew 6:25)

Anxiety – Concern over Potential Threats, Real or Imagined

Our Anxiety-Driven World

John 16:33 – “I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”

John 17:15 – “I do not ask that you take them out of the world, but that you keep them from the evil one.”

Fixation on Anxiety = Forgetting God

Isaiah 51:12-14 – (12) “I, I am he who comforts you; who are you that you are afraid of man who dies, of the son of man who is made like grass, (13) and have forgotten the LORD, your Maker, who stretched out the heavens and laid the foundations of the earth, and you fear continually all the day because of the wrath of the oppressor, when he sets himself to destroy? And where is the wrath of the oppressor? (14) He who is bowed down shall speedily be released; he shall not die and go down to the pit, neither shall his bread be lacking.”

Key Point: Let God Process Your Anxieties

Response:

(1) Pass instead of Carry

“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. (1 Peter 5:6-7)

(2) Get God’s Perspective

“But when I thought how to understand this, it seemed to me a wearisome task, until I went into the sanctuary of God; then I discerned

their end... When my soul was embittered, when I was pricked in heart, I was brutish and ignorant; I was like a beast toward you. Nevertheless, I am continually with you; you hold my right hand. You guide me with your counsel, and afterward you will receive me to glory.”

(Psalm 73:16-17, 21-24)

(3) Learn to be more Responsive & less Reactive

“Let your reasonableness be known to everyone. The Lord is at hand; 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 4:5-7)

Am I Driven by inevitable Anxiety?:

- (1) Am I open to learning, or do I demand certainty?
- (2) Do I tend towards stubbornness & inflexibility?
- (3) Am I overly reactive, or do I take time to reflect & respond?
- (4) Is life a bunch of categories (right/wrong; either/or; us/them)?
- (5) Do I desire quick fixes, resolutions and solutions?
- (6) Am I a very defensive person?
- (7) How would those closest to me answer these questions about me?

Questions:

What impacted me the most in this message?

What did the church in Jerusalem do when they were confronted with threats? (Acts 4:23-30)

Anxiety that is not handled properly does what to a person? (Prov. 12:25)

Am I an overly anxious, highly combustible person?