

Help & Hope for Anxious People

GCF Counseling Team

Review

- **Session 2 - Is anxiety sin?**
 - Negative feelings when something we value is threatened is not sinful.
 - Sin is when we begin obsessing with thoughts, desires & actions.
 - Fear and anxiety express our fragility more than sin.
 - The command “do not be afraid” is a compassionate invitation to turn to Jesus.
 - Only when we refuse this invitation does sin move into the picture.
 - Psalm 56 is a model for turning to Jesus in our fear and anxiety.

Battling Anxiety in Everyday Life

JESUS ON ANXIETY (Luke 12:22-34)¹

“Out of the abundance of the heart his mouth speaks”

1. From “*Don’t Worry*” by David Powlison



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WHAT DO YOU TEND TO WORRY ABOUT?

- Money.
- Relationships.
- Marriage.
- Kids.
- Health.
- Achievements.

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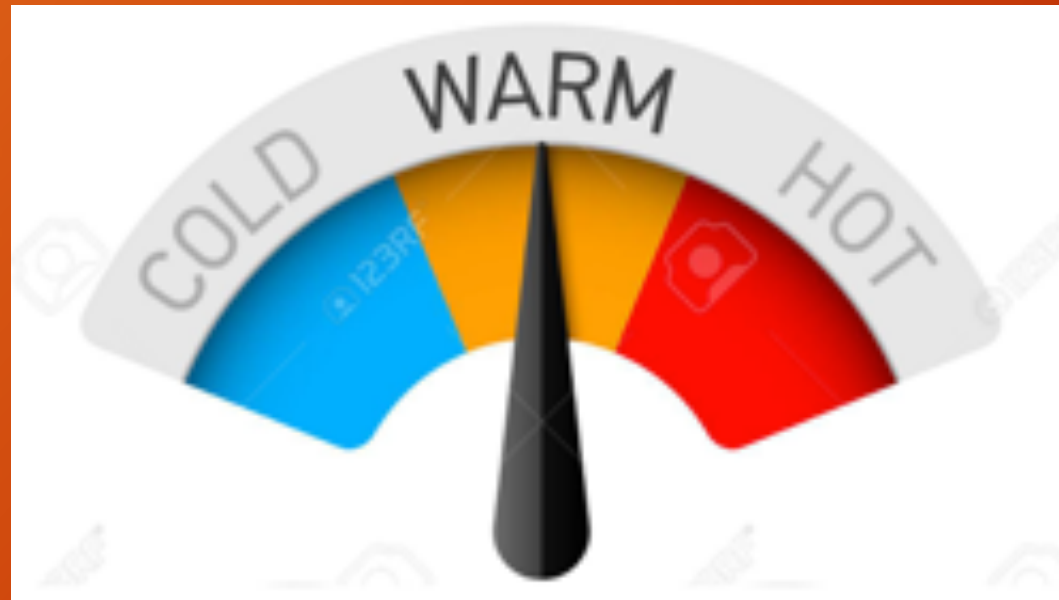
“Keep your heart with all vigilance, for from it flow the springs of life.”



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EMOTIONS ARE A GAUGE OF WHAT WE VALUE

- Joy
- Sadness
- Anger
- Anxiety



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JESUS ON ANXIETY (Luke 12:22-34)

And he said to his disciples, “Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing. (Luke 12:22-23)

Reason #1: Life is more...

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JESUS ON ANXIETY (Luke 12:22-34)

Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! (Luke 12:24)

Reason #2: You matter to God.

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JESUS ON ANXIETY (Luke 12:22-34)

And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest? (Luke 12:25-26)

Reason #3: Worry does nothing.

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JESUS ON ANXIETY (Luke 12:22-34)

Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! (Luke 12:27-28)

Reason #4: God clothes you in his radiant glory!

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Reason #4: God clothes you in his radiant glory!

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JESUS ON ANXIETY (Luke 12:22-34)

And do not seek what you are to eat and what you are to drink, nor be worried. For all the nations of the world seek after these things, and your Father knows that you need them. Instead, seek his kingdom, and these things will be added to you. (Luke 12:29-31)

Reason #5: God knows your need. So, what are you going to be about?

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JESUS ON ANXIETY (Luke 12:22-34)

Fear not, little flock, for it is your Father's good pleasure to give you the kingdom. (Luke 12:32)

Reason #6: Your Father is God.

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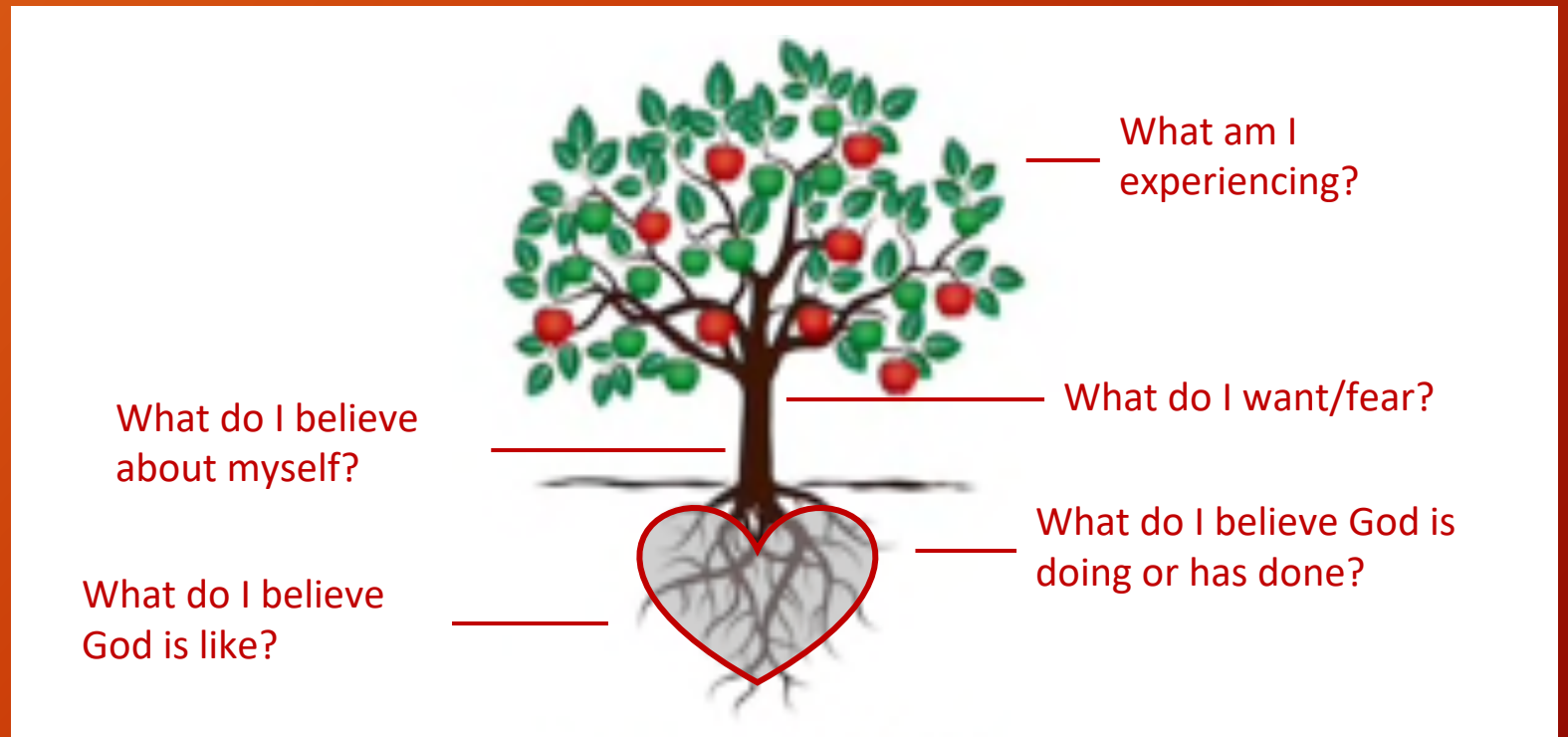
JESUS ON ANXIETY (Luke 12:22-34)

Sell your possessions, and give to the needy. Provide yourselves with moneybags that do not grow old, with a treasure in the heavens that does not fail, where no thief approaches and no moth destroys. For where your treasure is, there will your heart be also. (Luke 12: 33-34)

Reason #7: Having been given so much, you can live to give.

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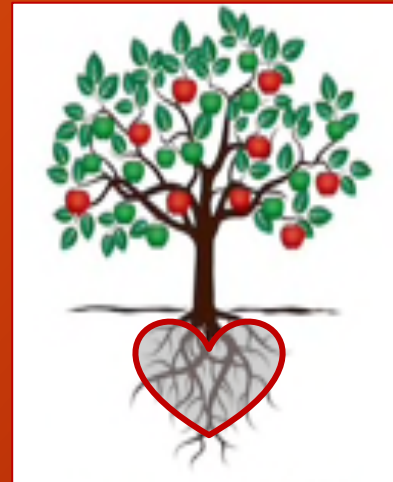
- Reason #1: Life is more...
- Reason #2: You matter to God
- Reason #3: Worry does nothing
- Reason #4: God clothes you in glory
- Reason #5: God knows your need
- Reason #6: Your Father is God
- Reason #7: You can live to give



This Week

Act: Use the questions¹ this week to interrogate your anxiety and grow in dependence.

1. What am I experiencing?
2. What do I want/fear?
3. What do I believe about myself?
4. What do I believe God is doing or has done?
5. What do I believe God is like?



Preach to yourself instead of listening to yourself.

Select one or more of Jesus' "reasons not to worry" from Luke 12:22-34 and remember what is true about God and yourself.

1. From *Gospel Fluency* by Jeff Vandersteldt