

Walking with God through stress and anxiety

“There is a limit to pain, but there is no limit to fear.”

- Sir Francis Bacon, “Of Seditious and Troubles”

I. To fear is human

i) **Real pressures**

- Danger
- Weakness
- Lack
- Mortality



ii) **Felt pressures**

- Danger
- Weakness
- Lack
- Mortality



iii) **Our anxieties reveal our loves**

- What do my anxieties reveal about the *things* I value most?
- What do my anxieties reveal about the *people* I value most?
- What do my anxieties reveal about my heart towards God's work and his promises?

II. God is good

- **The gap we all have**

- **The command we all struggle with**

“Therefore I tell you, do not worry...”

- **The God who really is for His people - Matthew 6:25-34**

...about your life, what you will eat or drink; or about your body, what you will wear. *Is not life more than food, and the body more than clothes?* Look at the birds of the air; they do not sow or reap or store away in barns, *and yet your heavenly Father feeds them. Are you not much more valuable than they?* Can any one of you by worrying add a single hour to your life?

“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. *If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?* So do not worry, saying, ‘*What shall we eat?*’ or ‘*What shall we drink?*’ or ‘*What shall we wear?*’ For the pagans run after all these things, and *your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.* **Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.**”

i) There is more to life than the things of this world

ii) God is the sovereign provider of *all* things

iii) His people are more precious to him than the other things He cares for...

iv) ...because His people are His children

v) His kingdom and righteousness are of the utmost importance; seek them

III. In Christ we have hope

4 Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Philippians 4:4-7

IV. Applying the goodness of God and hope in Christ to our messy hearts

- *Remind yourself of truth*

- *Remind one another of truth*

- *Fighting our anxieties with the sword of the Spirit - Psalm 42*

a. Pray honestly

b. Read patiently

c. Don't take failure as final

“Blessed Lord, who has caused all holy Scriptures to be written for our learning; grant us that we may in that way hear them: to read, mark, learn, and inwardly digest them; that by patience and comfort of your holy word, we may embrace, and ever hold fast, the blessed hope of everlasting life, which you have given us in our saviour Jesus Christ.”