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THE BEREANS

ACTS 17:11

Psalm 94:19
Lesson #1
Anxiety and its cure
02/19/2017

We worry about the future

Anxiety

We whine about the past


ANGER




1

Anxiety

Expectations
 Perspective
 Isolation

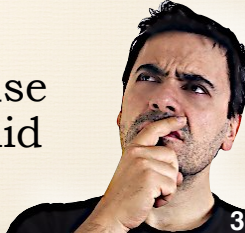


2

One of the first human emotions expressed in the Bible is


anxiety/fear.

Genesis 3:10
 "I was afraid because I was naked; so I hid myself."



3

| | |
|---|---|
| <p>Anxiety a general feeling of insecurity</p> <p>Merimnao to be careful or anxious and freeze</p> <p>"I am worried."</p> | <p>Fear a response to a specific threat</p> <p>Phobias to be scared or terrified and flee</p> <p>"I am scared."</p> |
|---|---|



4

Discovery CHANNEL

NAKED AND AFRAID



5

*The very first human emotion
expressed in the Bible is*

delight.

Genesis 3:6

“When the woman saw that the tree was good for food, and that it was a **delight** to the eyes, and that the tree was desirable to make one wise,”



6

Genesis 3

“⁴ **The serpent said** to the woman, “You surely will not die! ⁵ For God knows that in the day you eat from it your eyes will be opened, and you will be like God, knowing good and evil.

“⁶ When the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was desirable to make one wise,

she took from its fruit and ate and she **gave also to her husband** with her, and he ate.”

7

1. Expectations

*can delight our souls,
direct our behavior,
and shape our
community*

*but also lead
to anxiety.*



8

Jeremiah 2:13

“For My people have committed two evils; they have forsaken Me, the fountain of living waters, to hew for themselves cisterns, broken cisterns that can hold no water.”



9



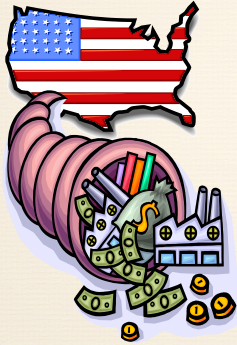
10

**The well worn path
of the restless soul**

1. Follow a hireling shepherd.
2. Load up with false expectations
3. Manipulate others to meet our wants
4. Become confused when expectations are not met
5. Live in Pride or Anger, Anxiety, & Despair.

11

**Don't confuse
the American
dream**



**with the
Kingdom
of God**



12

**Satan is a peddler of
FAITH, HOPE, & LOVE**



**in everything
and anything
but God**

13

**The problem is not
our lack of faith.**

**It is that our faith is
in something other than God
and / or
for something other than His
kingdom.**

14

**God's plan is less concerned
about my temporal comfort
and social image**

**than He is about
my witness to His
glory.**

15

Our

ANGER

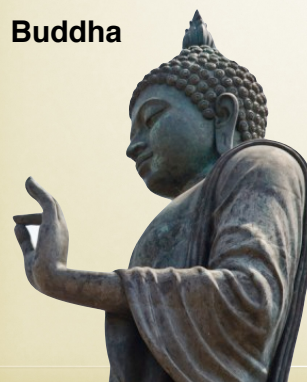
**will expose our
false expectations.**



16

**"The root of
suffering is
attachment."**

Buddha



**NO!
Attachment
to the wrong
thing or for
the wrong
reason brings
Anxiety and
Anger.**

James 4:1-4

17

Expectations

are not to be measured by
the height or depth of OUR imagination
*but by their conformity to the
reality of God and His kingdom.*

Luke 22:42

*"Not my will but
Yours be done."*



18

2. Perspective

The breadth of our
perspective will shape our
expectations

*and free us
from anxiety.*



19

Matthew 6

¹⁹ Do not lay up for yourselves
treasures upon earth, where moth
and rust destroy, and where thieves
break in and steal. ²⁰ But lay up
for yourselves treasures in heaven, where
neither moth nor rust destroys, and
where thieves do not break in or
steal; ²¹ for where your treasure is,
there will your heart be also."

20

If it can decay
or be taken away
it is a false treasure



21

If it can decay
or be taken away
it is a false treasure



22

If it can decay
or be taken away
it is a false treasure
that inevitably
invites



FEAR

23

Biblical examples of inner peace in the
midst of outer stress

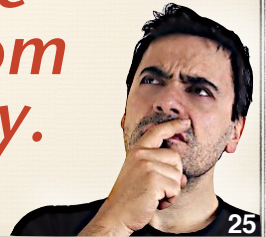
Moses David Isaiah
Jesus
Paul Peter

24

3. Isolation

When we know that God
is with us

**we are
free from
anxiety.**



25

The 23rd Psalm
is the profile of
a fear free life.



26

"1 The Lord is my shepherd, I shall not want.

2 He makes me lie down in green pastures;
He leads me beside quiet waters. 3 He restores my soul;
He guides me in the paths of righteousness
for His name's sake.

4 Even though I walk through the valley of
the shadow of death,

I fear no evil, for You are with me;

Your rod and Your staff, they comfort me.

5 You prepare a table before me in the
presence of my enemies; You have anointed
my head with oil; my cup overflows.

6 Surely goodness and lovingkindness will follow
me all the days of my life,
and I will dwell in the house of the Lord forever."

27

Psalm 23

A response to anxiety:

- ✓ **Don't look out** - seeking a change in
your circumstances.
- ✓ **Don't look in** - wondering what you have
done wrong or what you should learn.
- ✓ **Don't look down** - giving up in despair.
- ✓ **Look up** - **confessing your
faith, hope, and love in the
Good Shepherd.**

28

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30

"1 The Lord is my shepherd, I shall not want.
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for His name's sake.

**My fearlessness
comes from my
consciousness
of my Shepherd**

5 You prepare a table before me in the
presence of my enemies; You have anointed
my head with oil; my cup overflows.

**6 Surely goodness and lovingkindness will follow
me all the days of my life,
and I will dwell in the house of the Lord forever."**

31



Psalm 94:19

"When my anxious
thoughts multiply
within me,

**your consolations
delight my soul."**



32

**Consolations that
delight my soul**

- It's about God's image
not mine.
- It's about the breadth
of my perspective.
- It's about knowing
that I am not alone.



33