

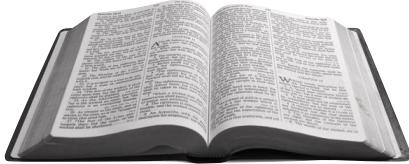
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# THE BEREANS

ACTS 17:11

**Romans 8**  
**Lesson #30**  
**Managing Anxiety**  
**08/18/2019**

## How to read the Old Testament



# Anxiety

1

# FEAR



MEALS ON WHEELS  
ALASKA

2

*Hebrews 2*

“<sup>14</sup> Therefore, since the children share in flesh and blood, He (**Jesus**) himself likewise also partook of the same, that through death he might render powerless him who had the power of death, that is, the devil; <sup>15</sup> and might deliver those who **through fear of death were subject to slavery all their lives.**”

**What is the fear of death?**

the concern we all have of  
**missing out on things that we believe we need**  
 to live a significant, full, and happy life.


3

## Does God expect too much and provide too little?

4

**Satan's tool of choice**

# FEAR



**that I am insecure in  
and ill equipped for  
the realities of this life.**

5

## Two great lies of Satan:

**“Christ”  
is not enough**

Believers need **MORE**  
help, security, and power.

**Look outward!**



1. Many look for God to **control outer circumstances** through prayer so that life will work as “promised” or expected.
2. Others look to God to **give more of Himself** to elevate them to peace and power.  
**“I’m trusting God for a Second Blessing”.**

6

## Two great lies of Satan:

**“The Cross”  
is not enough**

Believers are under  
the Law, and on the clock.

**Look inward!**



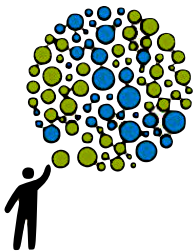
- ✓ The O.C. expected God’s people to keep the Law so as to **preserve their special relationship** within His plan.
- ✓ Some N.C. people perpetuate those expectations **“I’ll never be good enough”.**

7

## Two Different Responses to fear

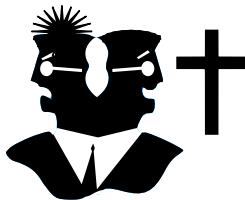
### Change your World

Manipulate the Environment  
Get Relief from Outside



### Change your View

Renew the Mind by taking  
a “Kingdom Perspective”



8

## How does Paul address FEAR?

**Change the  
Environment**

Remove the  
circumstances.

**Renew  
the Mind**

Sound  
Theology

**Exorcism**

Cast out  
the spirit of fear

These may not address the core issue.



**Paul called for a renewed  
mind when facing fear.**  
(not environment or exorcism)

9

## How does Paul address FEAR?

**Genesis 3**  
Temptation  
of Eve

**Renew  
the Mind**

Sound  
Theology

**Matthew 4**  
Temptation  
of Jesus

**Perspective  
Priorities  
Preconceptions**



10

*Romans 8*

“15 For you have not received a **spirit of slavery** leading to **fear again**, but you have received a spirit of adoption as sons by which we cry out, “Abba! Father!”  
16 The Spirit Himself bears witness with our spirit that we are children of God, 17 and if children, heirs also, heirs of God and fellow heirs with Christ,”

The O.C. Law tied  
**acceptance to obedience.**  
(thus “slavery” and “fear”)

The N.C. was not to reactivate  
or double down on  
**O.C. fear (insecurity)?**



11

## Jesus **clarified the Law's demands.**

*Matthew 5:20*

"For I say to you, that **unless your righteousness surpasses that of the scribes and Pharisees, you shall not enter the kingdom of heaven.**"

**The Law simply demanded that we be true to ourselves in bearing the image of God.**

**But for "fallen humanity" this would be impossible.**

12

➡ The Sermon on the Mount is full of warnings about failing to fulfill the spirit of the Law. "whoever shall say 'you fool' shall be **guilty enough to go into the hell of fire.**" (Matt.5:22-23).

➡ Matt.5:29-30 "And if your right eye makes you stumble, tear it out, and throw it from you; for **it is better for you that one of the parts of your body perish, than for your whole body to be thrown into hell.**" (also Matt.18:8-9)

➡ Matt.6:14-15 "But if you do not forgive men, then your Father will not forgive your transgressions."

➡ Matt.7:19 "Every tree that does not **bear good fruit** is cut down and thrown into the fire."

13

*Romans 8*

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Paul is contrasting life under the O.C. Law (slavery) with life under the N.C. (sonship).

**ADOPTION AS SONS  
CHILDREN OF GOD  
JOINT HEIRS WITH CHRIST**

These blessings are realized through teaching and received through faith.

14



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**The Gospel**

- is not a **feeling, ritual, ethic,** or a **tradition.**

- it is a **message** about the work of Christ on the Cross, the hope of Resurrection, and intimate participation in the fellowship of the Holy Spirit.

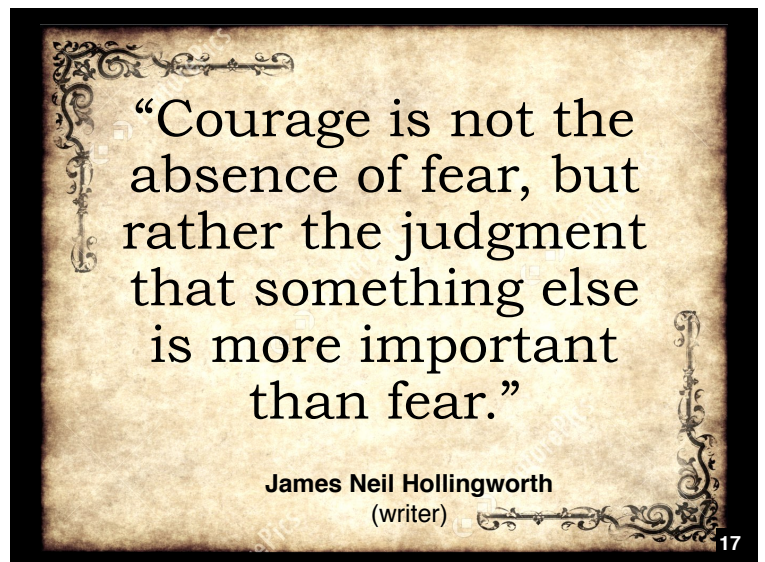
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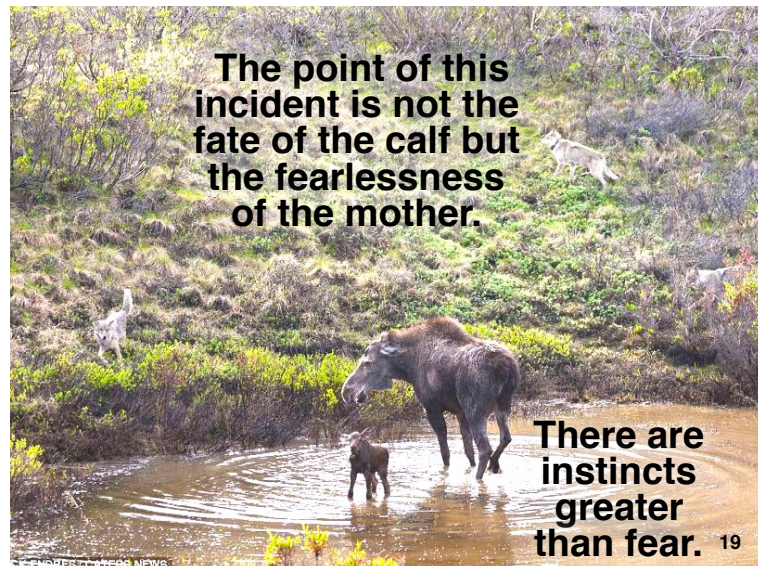
"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."

James Neil Hollingworth  
(writer)

17







The bad news  
**Fear kills Love.**

The good news  
**Love kills Fear.**

1 John 4:18

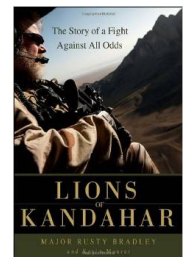
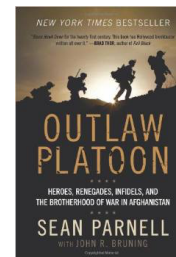
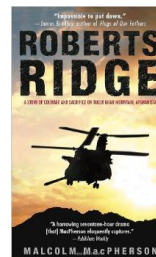
“There is no fear in love, but perfect **love casts out fear**,”

20

What do these books have in common?

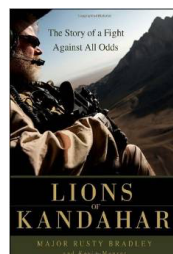
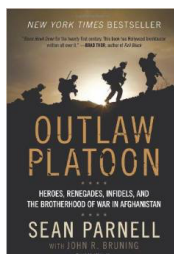
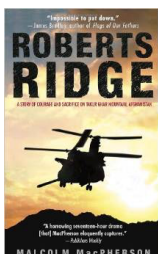
Stories of love that is greater than

**FEAR**



21

“We are courageous **because our love for those behind us is greater than our fear of those before us.**”



22

**Note the way Paul starts ch.8:**

*Romans 8*

“**1 There is therefore now no condemnation for those who are in Christ Jesus. 2 For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. 3 For what the Law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh,**”

The theme is  
**“No Condemnation in Christ”.**

23

## Note the way Paul concludes ch.8:

### Romans 8

“<sup>35</sup> Who shall separate us from the love of Christ? Shall **tribulation**, or **distress**, or **persecution**, or **famine**, or **nakedness**, or **peril**, or **sword**? <sup>36</sup> Just as it is written, “*For Thy sake we are being put to death all day long; We were considered as sheep to be slaughtered.*” <sup>37</sup> But in all these things we overwhelmingly conquer through Him who loved us. <sup>38</sup> For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, <sup>39</sup> nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.”

24

## A “quiet time”

Time alone with the Paraclete (Spirit of Christ) is necessary in combating the confusion, stress, and loneliness of life.

It is the place where God can  
**remind us of the truth,**  
**renew our mind, and**  
**reassure our soul**  
in preparation for the challenges of life.

25

## Mistakes we often make in facing fear.

1. We fail to **recognize the power** of fear in our lives.
2. We **trust God** to do something other than change our perspective.
3. We fail to respect the fact that fear is most often a **love issue**.

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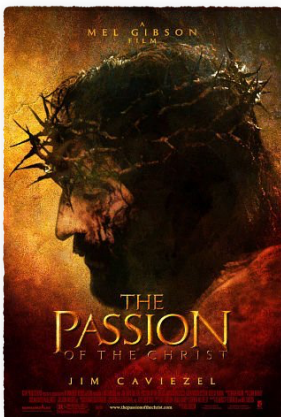
“James . . .earn this. Earn it.”

“Tell me I have lived a good life.”



27

## A Love Story



i always  
thought love  
was shaped  
like a  
but it's  
act  
ually  
like a

Greater love has no  
one than this, that he  
lay down his life for  
his friends. John 15:13

28