

Message Notes

The Anxiety Cure

Introduction – “Don’t let worry kill you.
Let the church help!”

The Freeing Command – Luke 12:22
Don’t worry about money

Reason #1 – Life is more than food...
Luke 12:23

Reason #2 – Does worrying work?
Luke 12:24-26

Reason #3 – What’s at the root of worry?
Luke 12:27-28

**Reason #4 – Do you understand the pleasure
and care of God to you?** – Luke 12:29-30

The Anxiety “Cure” – Do a treasure hunt!
Luke 12:31-34

1. *SEEKING what you already have (31)*
2. *KNOWING the Goodness of God (32b)*
3. *NOT allowing fear to reign (32a)*
4. *DIVESTING in things that rob your peace (33a)*
5. *INVESTING to be greedy for God! (33b)*
6. *HEART change (34)*

**The can of worms Jesus just opened:
What about Chronic Anxiety?**

Anxiety/Depression in the world

Definition of Anxiety

Definition of Depression

Trike’s Definition of both

A Scale of Anxiety

Concern --- Worry --- Anxiety --- Obsession

My story

Philippians 4:6-7

Gospel Application – *How are you applying the
gospel to your anxiety?*

Scripture Passages

(taken from the New International Version)

Luke 12:22-34

²²Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. ²³For life is more than food, and the body more than clothes. ²⁴Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! ²⁵Who of you by worrying can add a single hour to your life? ²⁶Since you cannot do this very little thing, why do you worry about the rest?

²⁷“Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. ²⁸If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you – you of little faith! ²⁹And do not set your heart on what you will eat or drink; do not worry about it. ³⁰For the pagan world runs after all such things, and your Father knows that you need them. ³¹But seek his kingdom, and these things will be given to you as well.

³²“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. ³³Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. ³⁴For where your treasure is, there your heart will be also.

Philippians 4:4-9

⁴Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.

Mt. Pleasant Baptist Church

SUN. SCHOOL 10:00 AM WORSHIP SERVICE 11:00 AM WED. SERVICE 7:00 PM Rev. Farrell Blanks

**DO YOU KNOW
WHAT HELL IS?
COME HEAR OUR PREACHER**



FIRST CHRISTIAN

CHURCH

**NOW OPEN BETWEEN
EASTER AND CHRISTMAS**

SUNDAY SCHOOL
9:30AM

PASTOR
MICHAEL G. STIPE

WORSHIP
10:45AM

COLLEGE AVENUE
BAPTIST CHURCH

**PROPHECY CLASS CANCELLED
DUE TO UNFORSEEN
CIRCUMSTANCES**

(309) 452-3359
www.cabc-normal.org

SUNDAY AM SCHEDULE
BIBLE STUDY 9:00 & WORSHIP 10:15



LINDEMANN ELEMENTARY
ALLEN PARK PUBLIC SCHOOLS

BREAKFAST
WITH SATAN
SAT DEC 14



*Church of
The Cross*

DONT LET WORRIES
KILL YOU
LET THE CHURCH
HELP

United Methodist Church

The Gospel of
LUKE

Setting His Face to Jerusalem
Luke 9:51 to Luke 19:44

Last Week's Message:

The Rich Fool

Luke 12:13-21

The heckler speaks

Luke 12:13

¹³Someone in the crowd said to him, “Teacher, tell my brother to divide the inheritance with me.”

Jesus' AWESOME response

Luke 12:14-15

¹⁴Jesus replied, “Man, who appointed me a judge or an arbiter between you?” ¹⁵Then he said to them, “Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.”

Let me tell you a little story...

Luke 12:16-17

¹⁶And he told them this parable: “The ground of a certain rich man yielded an abundant harvest. ¹⁷He thought to himself, ‘What shall I do? I have no place to store my crops.’

Let me tell you a little story...

Luke 12:18-19

¹⁸“Then he said, ‘This is what I’ll do. I will tear down my barns and build bigger ones, and there I will store my surplus grain. ¹⁹And I’ll say to myself, “You have plenty of grain laid up for many years. Take life easy; eat, drink and be merry.” ’

Let me tell you a little story...

Luke 12:20

²⁰“But God said to him, ‘You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?’

The “punch line”

Luke 12:21

²¹“This is how it will be with whoever stores up things for themselves but is not rich toward God.”

Today's Message:
The Anxiety Cure
Luke 12:22-34

Luke 12:22-34

²²Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.

Luke 12:22-34

²³For life is more than food,
and the body more than clothes.

Luke 12:22-34

²⁴Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! ²⁵Who of you by worrying can add a single hour to your life? ²⁶Since you cannot do this very little thing, why do you worry about the rest?

Luke 12:22-34

²⁷“Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. ²⁸If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you — you of little faith!

Luke 12:22-34

²⁹And do not set your heart on what you will eat or drink; do not worry about it. ³⁰For the pagan world runs after all such things, and your Father knows that you need them.

Luke 12:22-34


³¹But seek his kingdom, and these things will be given to you as well. ³²“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. ³³Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. ³⁴For where your treasure is, there your heart will be also.

The Freeing Command

Don't worry about money

Luke 12:22

²²Then Jesus said to his disciples: “Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.



The preceding parable about the folly of the rich fool's greed is intimately connected with the following text, which deals with worry. "Greed can never get enough, worry is afraid it may not have enough." Worry is the emotional reward of material preoccupation.

~ R. Kent Hughes, *Luke: That You May Know the Truth*, Preaching the Word, page 51.

Reason #1

Life is more than food

Luke 12:23

²³For life is more than food,
and the body more than clothes.

Reason #2

The fruitlessness of worry

Luke 12:24

²⁴Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! ²⁵Who of you by worrying can add a single hour to your life? ²⁶Since you cannot do this very little thing, why do you worry about the rest?

Reason #3

What's at the root of worry?

Luke 12:27-28

²⁷“Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. ²⁸If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you — you of little faith!

The pivotal point in Jesus' instruction is *theological*. The practices he condemns are rooted in an erroneous perception of the character of God. Those who know God as Father (cf. 11:1–13) will know God as the one capable of and committed to providing for his people. Knowing this, they are liberated from the consuming concerns of self-security. Thus liberated, they are able to orient their lives completely around the propagation in word and deed of God's restorative project. This is the kingdom, the coming of which overturns those worldly systems and values at odds with God's purpose.

Reason #4

The Fatherhood of God

Luke 12:29-30

²⁹And do not set your heart on what you will eat or drink; do not worry about it. ³⁰For the pagan world runs after all such things, and your Father knows that you need them.

The Anxiety “Cure”~ *Go on a Treasure Hunt!*

Luke 12:31-34

³¹But seek his kingdom, and these things will be given to you as well. ³²“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. ³³Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. ³⁴For where your treasure is, there your heart will be also.

The Anxiety “Cure”~ *Go on a Treasure Hunt!*

1. *SEEKING what you already have*

Luke 12:31

³¹But seek his kingdom, and these things will be given to you as well. ³²“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. ³³Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. ³⁴For where your treasure is, there your heart will be also.

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2. *KNOWING the Goodness of God*

Luke 12:32b

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Comes the Day...

Comes the Way.

~ R. M. Treichler, quoting almost once a month growing up in Northern Minnesota.

The Anxiety “Cure”~ *Go on a Treasure Hunt!*

3. *NOT allowing fear to reign*

Luke 12:32a

³¹But seek his kingdom, and these things will be given to you as well. ³²“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. ³³Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. ³⁴For where your treasure is, there your heart will be also.

The Anxiety “Cure”~ Go on a Treasure Hunt!

4. *DIVESTING* in things that rob you of peace

Luke 12:33a

³¹But seek his kingdom, and these things will be given to you as well. ³²“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. ³³Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. ³⁴For where your treasure is, there your heart will be also.

BOAT FOR SALE VERY FAST SLIGHTLY USED



The Anxiety “Cure”~ *Go on a Treasure Hunt!*

5. *INVESTING to be greedy for God!*

Luke 12:33b

³¹But seek his kingdom, and these things will be given to you as well. ³²“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. ³³Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. ³⁴For where your treasure is, there your heart will be also.

The Anxiety “Cure”~ *Go on a Treasure Hunt!*

6. *HEART change*

Luke 12:34

³¹But seek his kingdom, and these things will be given to you as well. ³²“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. ³³Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. ³⁴For where your treasure is, there your heart will be also.

The Can of Worms Jesus just opened:

The Can of Worms Jesus just opened:

What about Chronic Anxiety?

What about Depression?

scared
chest pain
phobia
tension
tense
panic attacks
trembling
tension
angst
jumpy
desperate
worry
emotional
restlessness
symptoms
stress
fear
sweating
feelings
headache
ANXIETY
order
mood



Anxiety:

an abnormal and overwhelming sense of apprehension and fear often marked by physiological signs (as sweating, tension, and increased pulse), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it (~ Merriam Webster)

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an abnormal and overwhelming sense of apprehension and fear often marked by physiological signs (as sweating, tension, and increased pulse), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it (~ Merriam Webster)

Anxiety disorders

- generalized anxiety disorder (GAD)
- obsessive-compulsive disorder (OCD),
- panic disorder,
- post-traumatic stress disorder (PTSD), and
- social phobia (or social anxiety disorder).

Depression:

a state of feeling sad; a psychoneurotic or psychotic disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies

(~ Merriam-Webster)

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depression, major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and depression may make you feel as if life isn't worth living. More than just a bout of the blues, depression isn't a weakness, nor is it something that you can simply "snap out" of. Depression may require long-term treatment. But don't get discouraged. Most people with depression feel better with medication, psychological counseling or both. Other treatments also may help.

(~ Mayo Clinic)



DEPRESSION

STATISTICS

Depression is a condition that reportedly affects **1 in 10 Americans** at one point or another, but the incidence of depression is actually higher in some states than others. Certain ethnicities also report higher depression rates than do others.

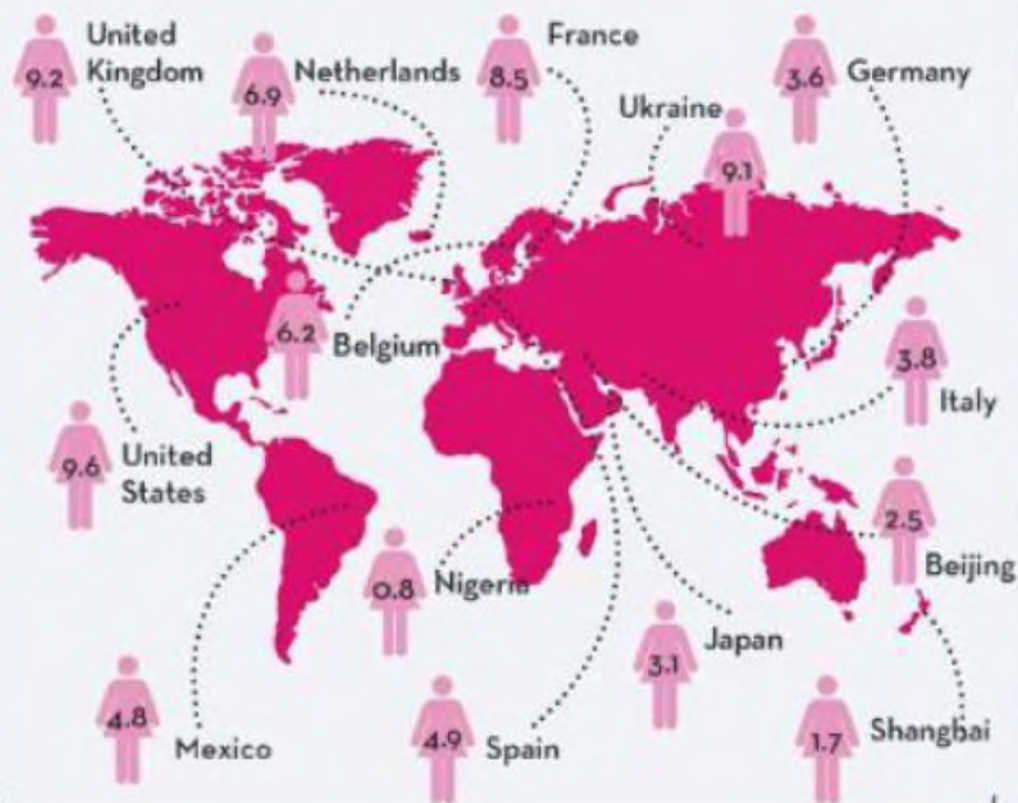


Over **80%** of the people that have symptoms of clinical depression are not receiving any specific treatment for their depression.

The number of patients diagnosed with depression increases by approximately **20%** per year.

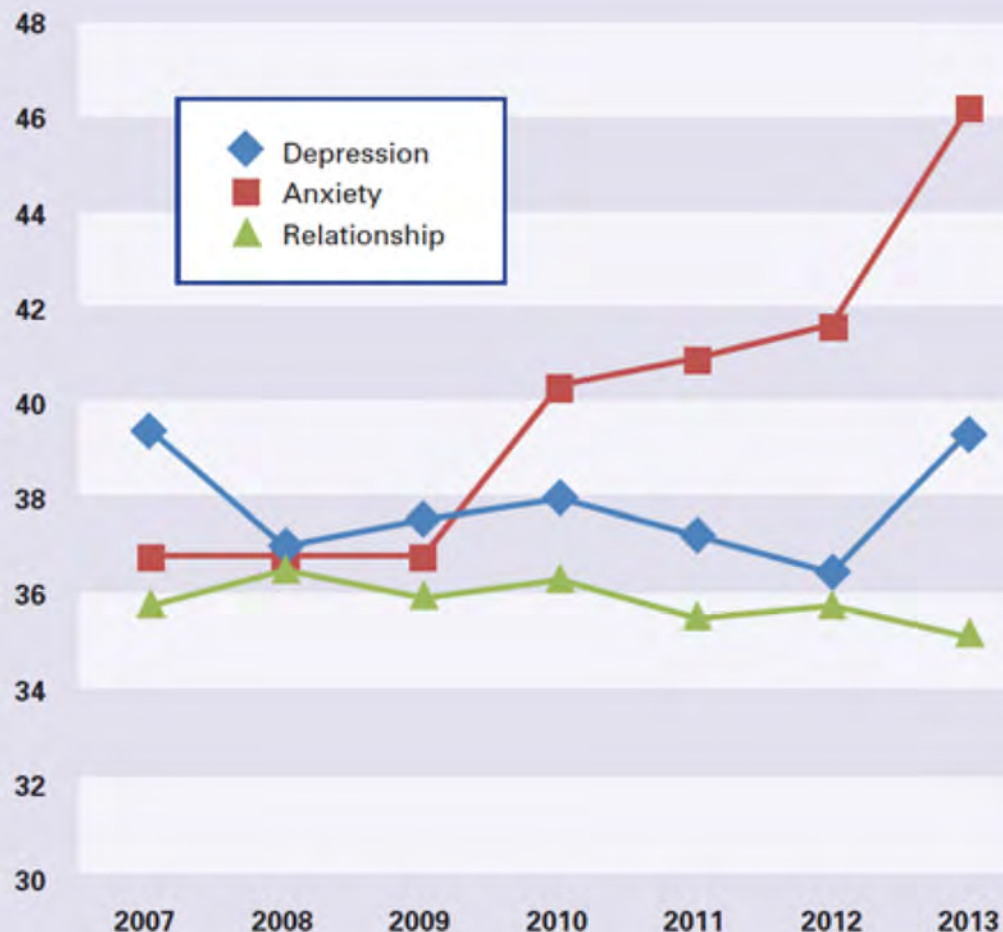
DEPRESSION RATES AROUND THE WORLD

Percentage of populations diagnosed as suffering from depression



College and university counseling center presenting concerns

Percentage of students who presented with depression, anxiety or a relationship problem as their main reason for seeking help at a counseling center.



Source: Association for University and College Counseling Center Directors



A Scale of Anxiety

Concern --- Worry --- Anxiety --- Obsession

A Scale of Anxiety

Concern --- Worry --- Anxiety --- Obsession

Luke 12:31-34

Gospel Friends

Professional Guidance

Psychiatric Help

A Scale of Anxiety

Concern --- Worry --- Anxiety --- Obsession

Luke 12:31-34



Gospel Friends

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Psychiatric Help

A Scale of Anxiety

Concern --- Worry --- Anxiety --- Obsession

Luke 12:31-34



Gospel Friends



Professional Guidance

Psychiatric Help

A Scale of Anxiety

Concern --- Worry --- Anxiety --- Obsession

Luke 12:31-34	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Gospel Friends		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Professional Guidance			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Psychiatric Help				

A Scale of Anxiety

Concern --- Worry --- Anxiety --- Obsession

Luke 12:31-34	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Gospel Friends		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Professional Guidance			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Psychiatric Help				<input checked="" type="checkbox"/>





Philippians 4:4-9

⁴Rejoice in the Lord always. I will say it again: Rejoice!

⁵Let your gentleness be evident to all. The Lord is near.

⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me — put it into practice. And the God of peace will be with you.

What worked?

What worked?

1. Going to war with my anxiety/depression

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1. Going to war with my anxiety/depression
2. Getting help - Talking to others about it

What worked?

1. Going to war with my anxiety/depression
2. Getting help - Talking to others about it
3. Putting Hope in God – a refusal to sink any more

What worked?

1. Going to war with my anxiety / depression
2. Getting help - Talking to others about it
3. Putting Hope in God – a refusal to sink any more
4. Getting the focus OFF of myself – doing other stuff
(exercise, work, sports, praying, especially for others, etc)

What worked?

1. Going to war with my anxiety / depression
2. Getting help - Talking to others about it
3. Putting Hope in God – a refusal to sink any more
4. Getting the focus OFF of myself – doing other stuff
(*exercise, work, sports, praying, especially for others, etc*)
5. Good Theology

What worked?

1. Going to war with my anxiety / depression
2. Getting help - Talking to others about it
3. Putting Hope in God – a refusal to sink any more
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(*exercise, work, sports, praying, especially for others, etc*)
5. Good Theology
6. Growing in Confidence in Christ

What worked?

1. Going to war with my anxiety / depression
2. Getting help - Talking to others about it
3. Putting Hope in God – a refusal to sink any more
4. Getting the focus OFF of myself – doing other stuff
(exercise, work, sports, praying, especially for others, etc)
5. Good Theology
6. Growing in Confidence in Christ
7. Time

Gospel Application:

Gospel Application:

*How are you using your anxiety
to drive you to the
Gospel of Jesus Christ?*