

THE REAL STORY

WHAT ARE YOUR EMOTIONS TELLING YOU?

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"ANXIETY"

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LUKE 12:22-34 (NASB)

SERIES PREMISE: Our emotions are like smoke from a fire... they tell us what's going on in our heart.

INSIGHT: The Coronavirus is not from God, but God is using it to test His people to see where their trust is.

TRUTH: God regularly tests His people. In both the Old and New Testaments, the words translated "test" mean "to prove by trial" (James 1:2). God tests us in varied ways:

1. Daily irritations
2. Severe afflictions (Isaiah 48:10)
3. The Father allows Satan to have at us but always with limitations (Job 1:12).

TRUTH: Today is about remembering how uncertain this world is and how fragile life is, but in it all God's hand is on the steering wheel of our lives of those who know Him, and neither Satan nor natural disaster can do any more than our Father allows.

INSIGHT: THE LORD'S SUPPER ISN'T FOR EVERYONE.

INSIGHT: Your anxiety is from wrestling for control of what you can't control.

INSIGHT: Ultimately, we can't control never getting sick, so huge numbers of people worry about it.

THREE TRUTHS JESUS SAID ABOUT WORRY TO FREE UP OUR LIVES:

I. WRESTLING WITH ANXIETY IS WORTHLESS (Luke 12:22-23).

TRUTH: We are made in God's image, so we are way more than just eating machines and mannequins!

TRUTH: You and I, in Christ, are not here just to exist.

II. WRESTLING WITH ANXIETY IS A WASTE OF TIME (Luke 12:25; Job 14:5; Ps. 139:16).

TRUTH: Anxiety cannot change your past nor control your future, but it is guaranteed to do a bang-up job of making today miserable!

III. WRESTLING WITH ANXIETY IS A WEIGHT THAT'S UNNECESSARY (Luke 12:24, 27).

TRUTH: None of us were created to be able to withstand the emotional, spiritual, and physical destruction of anxiety.

IV. HOW TO REMOVE ANXIETY (Luke 12:32) "Do not be afraid..."

1. Stop fearing your future, and start praising your Father in the present (Matthew 6:34 TLB).

YOUR TAKEAWAY THIS MORNING: "Live one day at a time."

2. Switch from control to surrender (Philippians 4:4, 5-7).

FOUR WORDS BRING THE GREATEST PEACE TO OUR ANXIOUS MINDS: The Lord is near!