

Trusting God \neq the absence of anxiety

Trusting God = casting your anxiety on
him again and again

Movement #1:
Summon your soul to
produce reasons why
you are downcast.

“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? . . .

The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself.”

—Martyn Lloyd-Jones

“My spirits were sunk so low that I could weep by the hour like a child, and yet I knew not what I wept for.”

“The flesh can bear only a certain number of wounds and no more, but the soul can bleed in ten thousand ways, and die over and over again each hour.”

—Charles Spurgeon

“This combination of circumstances has brought the psalmist to depression, even despair: people ridicule him for his faith in the living God, while the living God whom they mock seems indifferent and far away.”

—John Stott

Movement #2:
Cross-examine
despair's
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- The truth that will prevail in the future

Movement #3:
Command your soul to
submit to the verdict of
gospel truth.

“Despair can be stronger temptation than lust.
Sometimes you have to take a stand against it
with all your might ... ‘You shall not pass!’”

—Gavin Ortlund

”The cure for depression is neither to look *in* at our grief, nor *back* to our past, nor *round* at our problems, but *away* and *up* to the living God. He is our help and our God, and if we trust him now, we shall soon have cause to praise him again. Thus, ‘faith rebukes despondency and hope triumphs over despair.’”

—John Stott

Prayer of Confession

Pastor: Lord, we praise you for being not a remote, unknowable force, but a living, personal God who can be known.

All: I need your presence and love to soften my hard heart, strengthen my fainting heart, and humble my proud heart.

[Be silent for personal confession.]

All: Lord, I need to learn how to preach to my own heart, rather than just listening to its foolish or panicky chatter. Help me learn how to effectively say to my unruly soul, “Put your hope in God!” Amen.

Assurance of God's Grace and Favor

Pastor:

Behold, the eye of the LORD
is on those who fear him,
on those who hope in his steadfast love,
that he may deliver their soul from death
and keep them alive in famine.

**All: Our soul waits for the LORD;
he is our help and our shield.
For our heart is glad in him,
because we trust in his holy name.
Let your steadfast love, O LORD, be upon us,
even as we hope in you.**

(Psalm 33:18-22)