

Tyson Ziegler  
**Week 3**

**I. WHERE WE’VE BEEN**

- A. Anxiety defined - “A chronic or persisting feeling of fear that leaves the individual feeling uncertain, helpless, doubtful, and/or in danger of unpleasant consequences.”
- B. Reflected on God’s Word and His Ways
- C. Studied God’s Command – Don’t Be Anxious

**II. WHERE WE’RE GOING**

- A. “How do we understand anxiety?
  - 1. **Μέριμνα**: a feeling of apprehension or distress in view of possible danger or misfortune—‘anxiety, worry, anxious concern’<sup>1</sup>
  - 2. Mt.13:22; Lk. 21:34
  - 3. Anxiety/worry is a feeling related to a desire for a certain outcome we have in mind that is being jeopardized.
  - 4. Anxiety seems to be an intense desire for something, accompanied by a fear of the consequences of not receiving it.

“We do not say we are anxious when we desire a toolbox for Christmas because we don't fear the consequences of not getting one. But we do say we are anxious about our wife not arriving home on time because our desire for her to come home is accompanied by the fear of a car accident and a telephone call from the police.”

(<https://www.desiringgod.org/messages/is-there-good-anxiety>)

- B. What about...

- 1. Paul –
  - 2 Cor. 11:28: And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.

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<sup>1</sup> Johannes P. Louw and Eugene Albert Nida, *Greek-English Lexicon of the New Testament: Based on Semantic Domains* (New York: United Bible Societies, 1996), 312.

- 1 Thes. 3:5: For this reason, when I could bear it no longer, I sent to learn about your faith, for fear that somehow the tempter had tempted you and our labor would be in vain.

2. The Psalmist –

- Ps. 94:19: When the cares (anxieties) of my heart are many...
- Disturbing, disquieting thoughts

C. Not all anxiety is sin – Make the switch!

“Our goal is to persist in listening to God’s words until we really hear them and they speak God’s comfort and healing to our souls.” (SBAH, Pg. 11)

D. Is Mt. 6 a command or a promise?

*Every biblical imperative is rooted in a gospel indicative. Never hear the Bible calling you to do something without first reminding you that that action is rooted in who you now are in relation to who He has always been [and is a result of what He’s done. (Gary Ricucci)].*

### III. HOW WE’RE GETTING THERE: PRIMARY AND SECONDARY STRATEGIES

A. Remember

1. Guard yourself against gospel amnesia
2. Mt. 6:6, 8-
  - And your Father who sees...knows what you need
  - Are you not of more value than they? YES!!!

B. Entrust yourself –

1. 1 Pet. 2:23- ... when he (Christ) suffered, ...he continued entrusting himself to him who judges justly.
2. 1 Pet. 4:19-<sup>19</sup> Therefore let those who suffer according to God's will entrust their souls to a faithful Creator while doing good.

3. A just judge and a faithful Creator
4. If the opposite of anxiety is peace, the temptation is to run to peace. Resist that urge! Practice trust. Learn to trust in the Prince of Peace.

C. Delight yourself

1. In His Attributes

- Good & Merciful
- Omniscient & Omnipotent
- “Who is like you, O LORD, among the gods?  
Who is like you, majestic in holiness,  
awesome in glorious deeds, doing wonders? Ex. 15:11
- Provider & Protector
- Sustainer- He give life and breath and every good gift (Acts 17:25/Jas. 1:17)

2. In His Promises

- Behold I will be with you, even to the end of the age (Mt. 28:20)
- And we know that for those who love God all things work together for good, for those who are called according to his purpose. (Rom.8:28)
- His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, <sup>4</sup>by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. (2 Pet. 1:3-4)

3. In His Care

- Do not fear for I am with you...you are Mine!
- Every hair is numbered

Summer Class – Anxious For Nothing: Finding Peace in a Troubled World

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- He is our very present help in times of trouble
  - Sticks closer than a brother
4. In His Love for You!
- I have loved you with an everlasting love
  - I have drawn you with my loving-kindness (Jer. 31:3 NIV)

D. Practically

1. Biblically Informed Pace
2. Biblically Informed Perspective
3. Biblically Informed People
4. Biblically Informed Prayer
  - Learn to run where saints have gone before you:
    - Ps. 94-In the multitude of my anxieties, your consolations cheer my soul. (NKJV/ESV)
    - Ps. 9:1-I will give thanks to the LORD with my whole heart; I will recount all of your wonderful deeds.
    - Ps.46:1-God is our refuge and strength, a very present help in trouble.
    - The Lord is near to the broken-hearted – Ps. 34:18
    - His nearness to us is our good – Ps. 73:28 NASB
    - <sup>9</sup>Have I not commanded you? Be strong and courageous! Do not be terrified nor dismayed, for the LORD your God is with you wherever you go.” Joshua 1:9
    - <sup>8</sup>It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.” Dt. 31:8

- Live carefree before God; he is most careful with you. 1 Pet. 5:7 (Msg Paraphrase)
- <sup>13</sup> No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. 1 Cor. 10:13
- <sup>8</sup> And God is able to make all grace abound to you, so that having all sufficiency<sup>[a]</sup> in all things at all times, you may abound in every good work. 2 Cor. 9:8

## Clarifying Responsibility

*Instruments in the Redeemers Hands, Paul Tripp*

