

TRIALS OF MANY KINDS WEEK 2

JOY IN ANXIETY

DAVE D'ANGELO

We are often riddled with anxiety.

Do you know where your anxiety comes from? It helps to consider what you are craving deep down.

Anxiety

- broad word ranging from nerves to a medical diagnosis
- Jesus came to set captives free no matter where you are on that spectrum

Anxiety vs Fear

- Anxiety is a response to a real or perceived future threat (think tornado watch)
- Fear is a response to a real or perceived immediate threat (think tornado warning)

When anxiety is **overwhelmingly** present in our lives it's a **dis-order** or a **trial**

“Anxiety and fear are supposed to be counselors, not jailers”

Jesus came to set captives free.

Anxiety throughout scripture: David, Hannah, Jonah

And he withdrew from them about a stone's throw, and knelt down and prayed, saying, “Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.” And there appeared to him an angel from heaven, strengthening him.

LUKE 22:41-44

In anxiety, Jesus is a real, honest source of hope for every one of us.

1. We can and should pray for anxiety to be removed from our lives.

- prayer is our first and continuous response as we wrestle with trials of many kinds
- we don't have to clean ourselves up before we go to God
- Jesus prayed so should we: hope is found in calling on God and being honest
- humble yourself and cast all of your anxiety...Peter

2. Anxiety is often rooted in our deepest longings and cravings.

- **Telos:** chief aim of life or completion of a thing
 - End of times: Matthew 24:14
 - Aim of our mission: 1 Timothy 1:5
 - Outcome: 1 Peter 4:17
 - Fulfillment: Luke 22:37
 - Be made perfect: Hebrews 11:39-40
 - It is finished: John 19:30

Anxiety is an opportunity is to really see what is the telos of your life

The Garden

Tov: complete shalom when everything was as it should be

Adam and Eve had attributes:

- significance
- acceptance
- security

When Adam and Eve sinned, attributes became needs. These needs are where our anxiety stems from.

The deep telos of our lives often comes from our need for **acceptance, significance, security**

To feel **significant** we **perform** (they covered up)

To feel **accepted** we **please** (they blamed)

To feel **secure** we **control** (they hid)

The thought of not doing those things perfectly is where anxiety comes in.

When the telos of our lives is to achieve significance, acceptance and security we are **trying to be God** instead of **trusting God**.

Disordered anxiety is when we are trying to be God.

3. The trial of anxiety is an opportunity to reframe your life's telos.

- Jesus prays a prayer of surrender. When we surrender we reorder our lives.
- Trusting God is the path to peace

Nevertheless Prayer: **I am not, but I know I am.**

- boasting in weaknesses
- when you know your real need that's when you see your God
- I am: name for God

Anxiety doesn't have to be a jailer; it's just supposed to be a counselor.

God responds to a surrendered heart:

"and there appeared an angel strengthening him." Luke 22:43

Trials give us a revelation of Jesus: who he is and where he is.

In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, 7 so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.

1 PETER 1:6-7

The joy of anxiety is found in the revelation of Jesus.

fear not, for I am with you;

be not dismayed, for I am your God;

I will strengthen you, I will help you,

I will uphold you with my righteous right hand.

Isaiah 41:10

David's "nevertheless prayer" in **Psalms 139:23-24**

Search me, O God, and **know my heart** (telos)

Try me and **know my** (anxious) **thoughts!**

And **see if there be any grievous way in me**, (trying to be god)

and **lead me in the way everlasting** (I am not, but I know I am).

TRIALS **OF** **MANY KINDS**