

June 15,16 2019

“Anxiety”

1 Peter 5:6–9

Message by Rob Bashioum

Worship led by Laura Scharer

Music:

Build My Life	Cornerstone	Lord I Need You
Living Hope	Here In Your Presence	

Sermon:

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

1 Peter 5:6-9

The truth is that anxiety is at once a function of biology and philosophy, body and mind, instinct and reason, personality and culture. Even as anxiety is experienced at a spiritual and psychological level, it is scientifically measurable at the molecular level and the physiological level. ***It is produced by nature and it is produced by nurture.*** It is both a psychological and sociological phenomenon.

Scott Stossel

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2 Chronicles 20—King Jehoshaphat

Jehoshaphat was terrified by this news and begged the Lord for guidance. He also ordered everyone in Judah to begin fasting. So people from all the towns of Judah came to Jerusalem to seek the Lord’s help. Jehoshaphat stood before the community of Judah and Jerusalem in front of the new courtyard at the Temple of the Lord. He prayed, “O Lord, God of our ancestors, you alone are the God who is in heaven. You are ruler of all the kingdoms of the earth. You are powerful and mighty; no one can stand against you!

He appeals to God’s Sovereignty

Worship through the struggle.

“And now see what the armies of Ammon, Moab, and Mount Seir are doing. You would not let our ancestors invade those nations when Israel left Egypt, so they went around them and did not destroy them. Now see how they reward us! For they have come to throw us out of your land, which you gave us as an inheritance. O our God, won’t you stop them? *We are powerless against this mighty army* that is about to attack us. *We do not know what to do*, but we are looking to you for help.”

He admits: We are powerless...and we don’t know what to do.

Casting your anxiety on God is not simply a step of obedience *after* you humble yourself—it is the process you take in order to humble yourself.

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

1 Peter 5:6-9

As all the men of Judah stood before the Lord with their little ones, wives, and children, the Spirit of the Lord came upon one of the men standing there. His name was Jahaziel son of Zechariah, son of Benaiah, son of Jeiel, son of Mattaniah, a Levite who was a descendant of Asaph.

He said, “Listen, all you people of Judah and Jerusalem! Listen, King Jehoshaphat! This is what the Lord says: Do not be afraid! Don’t be discouraged by this mighty army, for the battle is not yours, but God’s. Tomorrow, march out against them. You will find them coming up through the ascent of Ziz at the end of the valley that opens into the wilderness of Jeruel. But you will not even need to fight. Take your positions; then stand still and watch the Lord’s victory. He is with you, O people of Judah and Jerusalem. Do not be afraid or discouraged. Go out against them tomorrow, for the Lord is with you!”

He deals with the distress & anxiety in community.

“Give thanks to the Lord;
his faithful love endures forever!”

I bless you with a fresh realization of God’s sovereignty and majesty, may you find rest in His shadow.

I bless you with protection as you draw near to Him and come under the coverage of His wings.
May His faithfulness be the new shield you take into battle.

I bless you with deep peace and rest when you close your eyes to sleep.

I bless you with protection from the arrows of condemnation fired by the devil and even well-meaning people around you.

I bless you with angels to guard your steps and direct your paths as you courageously move forward in perseverance.

I bless you with a conquering spirit to march toward freedom from your anxiety.

I bless you with new freedom in worship and in your expression of love towards your creator.
May his peace dwell in you so can bring it to others.