

Why Live in Anxious Suspense

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I. Introduction.

- A. Text: Luke 12:15.
- B. We are not to live in anxiety (careful suspense).
- C. We can find a way out of living in careful suspense.

II. The promise of peace. (2 Corinthians 1:20, Isaiah 26 and Luke 12)

- A. All God's promises are yes in Jesus.
- B. The human heart is a trinity—mind, emotions and will.
- C. Worry is a product of seeing oneself alone.
 - 1. We should be concerned about some things, but this is in the area of the emotions.
 - 2. Worry is in the area of the mind.
 - 3. Jesus was never worried, but there were many times he was concerned because of compassion. (John 11)
- D. To handle worry we must stay our minds on Christ. (2 Corinthians 10:3)
 - 1. To have the mind of Christ we have to have Christ in us.
 - 2. The goal is to bring every thought into captivity.

III. The power for peace. (Isaiah 26:12, Philippians 2:12)

- A. When we allow Christ, he will bring us peace.
- B. We must let Christ handle our anxieties by an act of will.

IV. The program for peace. (Isaiah 26:13, 1 John 1:8-9)

- A. If we confess our sins, God does two things because he is faithful and just.
 - 1. He forgives our sins in heaven.
 - 2. He cleanses us from unrighteousness.

Application questions:

1. What are some ways you struggle with anxiety? Explain.

2. How would you counsel someone struggling with anxiety?

3. Why is it important to view peace as a promise in the midst of worry? Explain.
