Why Live in Anxious Suspense

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I. Introduction.


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.

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2. How would you counsel someone struggling with anxiety?

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

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