



ANXIETY

Anxiety is a by-product of fear.

The fear of our inability to control
our circumstances

What if?

What if I lose my job?

What if my marriage ends?

What if something happens to one of my family members?

What if people don't like me?

Why me?

Why am I sick?

Why was I in a car wreck that wasn't my fault?

Why did someone I love die?

The truth is we can control very little in our lives.

Everyone experiences periods of anxiety.

King David - A man after God's own heart
- Acts 13:22.

Psalm 22:1 My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning?

2 O my God, I cry by day, but you do not answer,
and by night, but I find no rest.

Psalms 3:1 O Lord, how many are my foes!
Many are rising against me;
2 many are saying of my soul,
“There is no salvation for him in God.” Selah
3 But you, O Lord, are a shield about me,
my glory, and the lifter of my head.
4 I cried aloud to the Lord,
and he answered me from his holy hill. Selah

Psalm 61:1 O God, listen to my cry!

Hear my prayer!

2 From the ends of the earth,

I cry to you for help

when my heart is overwhelmed.

Lead me to the towering rock of safety,

3 for you are my safe refuge,

a fortress where my enemies cannot reach me.

4 Let me live forever in your sanctuary,

safe beneath the shelter of your wings!

5 I lay down and slept;

I woke again, for the Lord sustained me.

6 I will not be afraid of many thousands of people
who have set themselves against me all around.

7 Arise, O Lord!

Save me, O my God!

For you strike all my enemies on the cheek;
you break the teeth of the wicked.

8 Salvation belongs to the Lord;
your blessing be on your people! Selah

The image features a dark, almost black, background with a complex, organic texture. The texture consists of various shades of dark grey and black, with some lighter, fibrous-looking areas that suggest a material like stone, wood, or a rough fabric. The lighting is uneven, creating subtle gradients and highlighting the intricate details of the surface. In the center of the image, the name "Elijah" is written in a clean, white, sans-serif font. The text is centered both horizontally and vertically, standing out prominently against the dark, textured background.

Elijah

God's Prophet

3 Year Drought

The Lord provided for Elijah at the Brook of Cherith and with the widow of Zarepath

Challenged Ahab and 450 prophets of Ba'al
on Mt. Carmel

1 Kings 19:1 Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. 2 Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow."

3 Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. 4 But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers." 5 And he lay down and slept under a broom tree.

I have had it!

I can't take any more!

Take my life!

We can relate to Elijah's despair.

~~“Elijah failed in the very point at which he was strongest, and that is where most men fail. In Scripture, it is the wisest man who proves himself to be the greatest fool; just as the meekest man, Moses, spoke hasty and bitter words. Abraham failed in his faith, and Job in his patience; so, he who was the most courageous of all men, fled from an angry woman.” (Spurgeon)~~

And behold, an angel touched him and said to him, "Arise and eat." 6 And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. 7 And the angel of the Lord came again a second time and touched him and said, "Arise and eat, for the journey is too great for you." 8 And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

9 There he came to a cave and lodged in it. And behold, the word of the Lord came to him, and he said to him, “What are you doing here, Elijah?”

10 He said, “I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.”

11 And he said, “Go out and stand on the mount before the Lord.” And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake

12 And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper. 13 And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, "What are you doing here, Elijah?"

The Lord asked, What are you doing here?

Elijah said, your people have turned on you and I am the only one left, and they want to kill me.

The first time the Lord asked Elijah this question he was so blinded by his anxiety that he couldn't recognize the presence of the Lord on the Mountain of God probably in the same place the Lord spoke to Moses his predecessor.

Elijah was caught up in the pressure of serving the Lord until the Lord quieted him down.

Elijah recognized the peace of the Lord not in the miraculous events but in the stillness.

The Lord did not pat Elijah and the head and say,
Oh, poor Elijah.

Let's turn this anxiety into a pity party and invite everyone on social media to join in. (LOL) 😄

The worst thing we can do is give in to our anxiety and let it control us.

1 Kings 19:15 And the Lord said to him, “Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria. 16 And Jehu the son of Nimshi you shall anoint to be king over Israel, and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place.

The Lord humbled Elijah with His peace.

The Lord gave Elijah a brother named Elisha.

2Corinthians 5:3 For though we walk in the flesh,
we are not waging war according to the flesh.
4 For the weapons of our warfare are not of the
flesh but have divine power to destroy
strongholds. 5 We destroy arguments and every
lofty opinion raised against the knowledge of God,
and take every thought captive to obey Christ,
6 being ready to punish every disobedience, when
your obedience is complete.

We take every thought captive.

1 Peter 5:5 Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for “God opposes the proud but gives grace to the humble.”

6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.

8 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. 9 Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

The church likes to focus on confession but
not accountability.

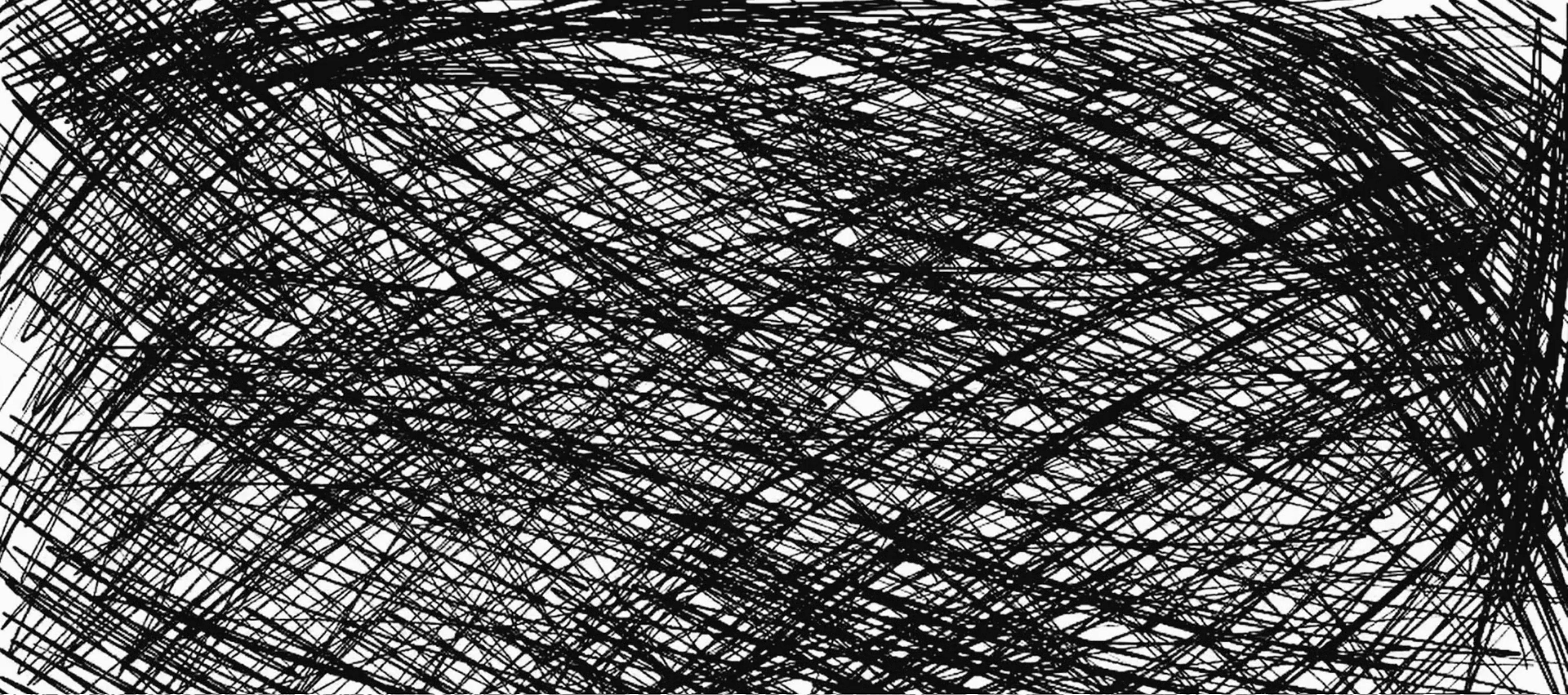
~Whitney Capps, *We Over Me*

Humility comes through accountability.

Sometimes we need our brothers, sisters,
husbands, wives just to pray for us and let us
know we are going to get through this together
by the power of the Holy Spirit.

We have almost 100 people who fight the good fight every week to make NLF function through the power of the Holy Spirit.

Sometimes we need to be still before the Lord and
let His Word renew us.



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