



# Fear Anxiety and God who loves us

A walk through Luke 12

# Goals



To earnestly wrestle with our hearts in suffering

To be disciples of Christ in the heart space

## Luke 12:4-7

4 “I tell you, my friends, do not fear those who kill the body, and after that have nothing more that they can do. 5 But I will warn you whom to fear: fear him who, after he has killed, has authority to cast into hell. Yes, I tell you, fear him! 6 Are not five sparrows sold for two pennies? And not one of them is forgotten before God. 7 Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.

## Luke 12:13-21

<sup>13</sup> Someone in the crowd said to him, “Teacher, tell my brother to divide the inheritance with me.” <sup>14</sup> But he said to him, “Man, who made me a judge or arbitrator over you?” <sup>15</sup> And he said to them, “Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions.”

## Luke 12:13-21

<sup>16</sup> And he told them a parable, saying, “The land of a rich man produced plentifully, <sup>17</sup> and he thought to himself, ‘What shall I do, for I have nowhere to store my crops?’ <sup>18</sup> And he said, ‘I will do this: I will tear down my barns and build larger ones, and there I will store all my grain and my goods. <sup>19</sup> And I will say to my soul, “Soul, you have ample goods laid up for many years; relax, eat, drink, be merry.””

## Luke 12:13-21

<sup>20</sup> But God said to him, ‘Fool! This night your soul is required of you, and the things you have prepared, whose will they be?’ <sup>21</sup> So is the one who lays up treasure for himself and is not rich toward God.”



Some may say:

“But if I don’t hoard today, I’ll starve tomorrow.”

## Luke 12:22-34

<sup>22</sup> And he said to his disciples, “Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. <sup>23</sup> For life is more than food, and the body more than clothing. <sup>24</sup> Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!



## Luke 12:22-34

<sup>25</sup> And which of you by being anxious can add a single hour to his span of life? <sup>26</sup> If then you are not able to do as small a thing as that, why are you anxious about the rest? <sup>27</sup> Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.

## Luke 12:22-34

28 But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! 29 And do not seek what you are to eat and what you are to drink, nor be worried. 30 For all the nations of the world seek after these things, and your Father knows that you need them. 31 Instead, seek his kingdom, and these things will be added to you.



Still, we may say:

Oh Jesus. I'm still afraid.

## Luke 12:32-34

32 “Fear not, little flock, for it is your Father's good pleasure to give you the kingdom. 33 Sell your possessions, and give to the needy. Provide yourselves with moneybags that do not grow old, with a treasure in the heavens that does not fail, where no thief approaches and no moth destroys. 34 For where your treasure is, there will your heart be also.

# The issues

Fear of death (12:4-7)

Anxiety/Fear about our future (Luke 12:22-34)  
(circumstance and comfort)

- What will we eat
- What will we wear

# Fear and Anxiety is Common

- Exodus 14:10-14 – Israel at the Red Sea
- Exodus 16:1-3 – Israel lacks food in the desert
- Numbers 14:5-10 – Israel before the promised land
- Deuteronomy 31:1-8 – Their children before the promised land
- Judges 6:7-10 – Israel oppressed by Midian (time of Gideon)
- 1 Kings 17:8-16 – Elijah and the widow of Zarephath
- 2 Kings 6:15-19 – Elisha and the chariots of fire
- 2 Chronicles 20:1-17 – Jehoshaphat against three armies

# Luke 12:4-7

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Also see Isaiah 8:11-13 & Exodus 20:20-21, Deuteronomy

# Fear: What is the remedy?

- The remedy to fear is to fear the right object; God
- Then to remember that God loves you



# Philippians 2:21:24



<sup>21</sup>For to me to live is Christ, and to die is gain. <sup>22</sup>If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell. <sup>23</sup>I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better. <sup>24</sup>But to remain in the flesh is more necessary on your account.

# Fear's Conclusion



-Romans 8:31b

If God is for us, who can be against us?

-Psalm 56:3-4

“When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?



But what about anxiety

## Luke 12:22-34

<sup>22</sup> And he said to his disciples, “Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. <sup>23</sup> For life is more than food, and the body more than clothing. <sup>24</sup> Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!

# Anxiety: What is the remedy?

- 1 Peter 5:6-7

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

The one we trust with our ultimate security must be the one we trust with our immediate security.

# Anxiety: What is the remedy?

## ■ Luke 12:23 & 31

<sup>23</sup> For life is more than food, and the body more than clothing.

<sup>31</sup> Instead, seek his kingdom, and these things will be added to you.

There is more to life than simply trying to stave off death for as long as possible. We are to advance God's kingdom and trust God with the number of our days.

# Anxiety: Something to think about



Three questions to ask:

1. Do I believe that God is able?
2. Do I believe that God loves me?
3. Am I living with the right purpose?

# Anxiety: Something to think about



We may be anxious, because we have been trusting something other than God for our future and security.

Anxiety gives us the opportunity to check where our feet are established.



# Anxiety: Something to think about



Sometimes, the very thing we trusted, where we had our feet, was the very source of our anxiety and the thing object of our slavery.

We are set free in the hope of what Christ purchases for us for eternity. We are free to not worry.

# Application



- Do some self-evaluation about your own fears and anxieties.
  - What is the source for you?
  - Is it justified? (spoiler: it probably isn't)
- Go to the Lord in prayer and ask Him to help you submit your heart to His word.
- Reach out to someone else and ask them how they are doing in this area.

# Questions



- What are you most afraid of?
  - Can you think of other people in scripture that have similar fears?
  - What does God say about that fear?
  - What can you learn about yourself from this fear?
- What is the biggest source of anxiety in your life?
  - Can you think of other people in scripture that have similar concerns?
  - What does God say about that concern?
  - What can you learn about yourself from this concern?
- Given what Jesus teaches us, what is a good next step for you in these areas?
  - How can you support each other in taking actions towards submission to Jesus in this area of your lives?