

“Jesus With Us: Jesus With The Anxious” | Rev Tim Frickenschmidt | August 23, 2020

**Old Testament Reading Deut 10:12-21**

10<sup>12</sup> “And now, Israel, what does the LORD your God require of you, but to fear the LORD your God, to walk in all His ways, to love Him, to serve the LORD your God with all your heart and with all your soul, <sup>13</sup> and to keep the commandments and statutes of the LORD, which I am commanding you today for your good? <sup>14</sup> Behold, to the LORD your God belong heaven and the heaven of heavens, the earth with all that is in it. <sup>15</sup> Yet the LORD set His heart in love on your fathers and chose their offspring after them, you above all peoples, as you are this day. <sup>16</sup> **Circumcise therefore the foreskin of your heart, and be no longer stubborn.** <sup>17</sup> For the LORD your God is God of gods and Lord of lords, the great, the mighty, and the awesome God, who is not partial and takes no bribe. <sup>18</sup> He executes justice for the fatherless and the widow, and loves the sojourner, giving him food and clothing. <sup>19</sup> Love the sojourner, therefore, for you were sojourners in the land of Egypt. <sup>20</sup> You shall fear the LORD your God. You shall serve Him and hold fast to Him, and by His name you shall swear. <sup>21</sup> He is your praise. He is your God, who has done for you these great and terrifying things that your eyes have seen.

**Epistle Phil 4:4-7, 11-12**

4<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>11</sup> Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.

**Gospel Reading Luke 10:38-42**

10<sup>38</sup> Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed Him into her house. <sup>39</sup> And she had a sister called Mary, who sat at the Lord's feet and listened to His teaching. <sup>40</sup> But Martha was distracted with much serving. And she went up to Him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” <sup>41</sup> But the Lord answered her, “**Martha, Martha, you are anxious and troubled about many things, <sup>42</sup> but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.**”

**Introduction**

What with disease and poverty, the world in which we live breeds anxiety. How can we become less anxious in an angst-filled age: the (1) setting, (2) position and (3) need.

**Background**

1. The setting

- a. **The Normalcy:** Jesus is with us not only at dramatic, life-changing events but also at innumerable daily occasions like dinner (Luke 10:40). These times, with Jesus in the midst of them, form our characters. Dramatic events reveal our characters.
- b. **The Anxiety:** Martha is distracted (pulled in many directions) by serving dinner so Jesus engages her and focuses her on Himself. Many of us are distracted: like [Justin Earley](#) in his book [The Common Rule](#) who became truly anxious; and like Martha as Jesus tells her she is anxious (pulled apart) and troubled (Luke 10:41).

2. The position

- a. Mary sat at Jesus' feet, in submission to Him; recognizing Him as her authority. We may be sitting at the feet of our friends, employers, politicians, instead of His feet.
- b. Martha seems to recognize herself as being her own authority.
  - 1) Positionally, she went up to Jesus (Luke 10:40), aggressively/authoritatively, to stand up to Him and over Him; and she demanded Him to tell Mary to help her.
  - 2) Assuming to be her own authority, Martha is not in control, she is enslaved to emotional non-negotiables (I must do this, they must do that); she becomes pulled apart (anxious); it will happen to us if we try to be our own authorities.
  - 3) Martha even becomes suspicious of Jesus, asking Him: “Don't you care ... ?”
  - 4) What is the authority we follow in our lives? If we think we are our own authority, that we are in charge of our own lives, it will crush us.

3. The need

- a. The good news is that we don't have to be in charge of our own lives. We don't have to be our own ultimate authority or the ultimate authority for others because Jesus is inviting us to sit at His feet. He does so with Martha; He loves the anxious. (Doubling her name (Luke 10:41, Martha, Martha) is a sign of deep affection.)
- b. On the cross, Christ gave up the deep love that He had/has for God the Father to express His deep love for Martha and for us and anyone who might be anxious; to show us that Mary saw the one thing that was necessary (Luke 10:42): Jesus. There is only one ultimate authority: Jesus as our Word, Savior and God.
- c. Jesus tells Martha, you are being pulled apart; if you lose everything but if you hold onto Me, you lose nothing; you still have life; there is no other need but Me. Mary has chosen Me and I will not be taken away from her.

**Discuss**

1. Mundane daily events, with Jesus in the midst of them, form our characters.
2. Worldly distractions can pull us apart, in many directions, making us anxious.
3. Tim asks to what authority are we submitting our lives? Whose word do we follow?
4. Tim wants us to see the connection between the authority in our lives and anxiety. Martha assumes to be her own authority while Mary accepts Jesus as her authority.
5. Christ gave up the deep love He had/has for His Father to express His love for those who are anxious. There is only one need: to accept Jesus as our Lord and Savior.

6. Deut 10:16 Circumcise therefore the foreskin of your heart and be no longer stubborn

**Conclusion/Application**

•Everything in this world can be taken away from us. In fact, at some point, everything will be taken away from us, except Jesus. He went to the cross to ensure that is true; He has already been torn to pieces, completely and fully, on the cross; but then He was raised whole and alive to share His life with us. So, when our lives get pulled apart and we are picking up the pieces of our lives, pick up Jesus as the singular piece onto which we are going to hold – we'll still have life.

•If we are in Christ, we have the Father's love, we have that Word spoken over us. So, read it, attend to it, submit to it, make time for His Word in the midst of all the busy-ness of our lives. If we attend to God's Word, in the ordinary, mundane days of our lives, we will realize life doesn't depend on “this or that” or the things upon which the world insists. In fact, there is only one need for true life: it's the Lord Himself. We will realize that and we will be less anxious.