



FEAR OF MISSING OUT.

“THE THIEF COMES ONLY TO STEAL AND KILL AND DESTROY. I CAME THAT THEY MAY HAVE LIFE AND HAVE IT ABUNDANTLY.”

JOHN 10:10

Tonight, we'll continue in our series *Hope in God: A Study on Spiritual Depression*. Why we've chosen to study what God's Word has to say about this issue is fairly self-explanatory. I've spoken to numerous Christians in this room and in other areas of the church who would say that their lives are marked by sadness, apathy, fear, and shame. These are Christians! Brothers and sisters who claim the name of Christ, who cling to him, and yet, they are in ruts, devastating pain. A definition of spiritual depression that we'll work with is this: **a severe sadness and darkness of soul linked to a crisis of faith**. As always in this series, my aim tonight will be to direct you to Scriptures in order to determine a significant cause of spiritual depression and anxiety as well as provide its cure.

BIG IDEA:

Jesus came to give me abundant life
so I will rejoice in his plan, protection, and provision.

SPIRITUAL DEPRESSION'S CAUSE: FEAR OF MISSING OUT.

- Christians fear that they are missing out on real enjoyment and satisfaction by following Jesus.
 - We measure *life* by that which gives the most pleasure and enjoyment.
 - Our friends who aren't Christians look like they are having so much fun.
 - Instead of believing Jesus is for our joy, we bite the lie that he is keeping us from *real life*.
 - That's not a new lie. We bit it in the garden.
 - We rephrase John 10:10 – “Jesus comes to steal, kill, and destroy our fun. The world offers life, real life.”
 - Constantly worrying that we are missing out keeps us miserable.
 - We either run after life by the world's standards and end up feeling miserable.
 - Or we constantly wish we were out there, and feel miserable.

WHAT IS ABUNDANT LIFE?

“... *life ... to the full* suggests fat, contented, flourishing sheep, not terrorized by brigands; outside the narrative world, it means that the life Jesus' true disciples enjoy is not to be construed as more time to fill (merely 'everlasting' life), but life at its scarcely imagined best, life to be lived.”¹ – **D. A. Carson**

1. Total contentment.
2. Deep soul satisfaction.
3. Overflowing joy.
4. Complete peace.

“The Greek *perisson* means “that which goes way beyond necessity.” John wanted all his readers to know that the gift of Jesus is life beyond our wildest dreams.”² – **Gerald Borchert**

THIEVES AND ROBBERS...

“Two Greek words for life, *bios*, from which we get biology from-*bios* speaks of inhaling and exhaling. He doesn't use *bios*. He uses *zoe*. *Zoe* speaks of a quality kind of life. A life rich with meaning and value and substance. The problem with too many people in our world today: they have *bios* but not *zoe*. They're inhaling and exhaling, they got the Teslas, they got the Range Rovers, they got the Audis... but you've got all that stuff... and here's the crazy thing man, you're going, 'something's missing.' And what's missing is *zoe*!

¹ D. A. Carson, *The Gospel according to John*, The Pillar New Testament Commentary (Leicester, England; Grand Rapids, MI: Inter-Varsity Press; W.B. Eerdmans, 1991), 385.

² Gerald L. Borchert, *John 1-11*, vol. 25A, The New American Commentary (Nashville: Broadman & Holman Publishers, 1996), 333.

Jesus says, 'I haven't just come for you to breathe. I've come for you to *really live*.'"³ - **Bryan Loritts**

1. Rob the very thing they promise to give.

- **Chemotherapy** is an example of something that promises to restore someone with cancer to health. It is helpful when given with the proper care. But left unchecked, chemotherapy is not helpful at all. In fact, it can be deadly. While someone is receiving chemotherapy, the bad cancer cells die, but so do the healthy cells. That's why someone receiving chemotherapy lose their hair and suffer a loss of strength. Though those cells will come back, chemotherapy also threatens long-term side effects. Some of these are heart problems, infertility, or susceptibility to other cancers. **Though chemotherapy is helpful and promises the hope of life, if left unchecked, it will end up robbing you of the life it promises.**
- **Social media. Instagram.** It promises the hope of deeper relationship, to see what is going on in someone else's life. But left unchecked, it can end up robbing you of the relationships right in front of you and actually confuse you about reality. Reality check: nobody's hair looks like that when they wake up, no one looks that perfect when they do squats at the gym or walk on the elliptical. Instagram makes that girl look like a gazelle. In reality, they look like a baby giraffe. But that's what the gym is for! Social media promises reality, but it steals that very thing.
- And don't even get me started on reality... **reality tv!** I'm a huge fan of the Bachelor and other reality tv shows. But seriously, nobody's lives actually look like that. No, Colton is not somehow dating 18 women who all know each other and live with each other. I'm sorry to break it to you, dude. Reality tv promises reality, but it ends up stealing you of any semblance of it.

2. Are unable to give real life.

- Ecclesiastes - Wisdom, pleasure, and work don't satisfy.
- We are looking to those things to provide us with something they can't provide.
- Like trying to get an apple tree to grow grapes. It can't be done.

3. Lead only to destruction.

- Steal - confiscate property; drain your resources
- Kill - ruthlessly trample human life underfoot
- Destroy - savage all that is valuable

LIFE... ABUNDANT LIFE...

1. Is only given to those who enter through the Door (v. 9)

- "I am the door." - Jesus
- There is one way to become part of God's flock-enter through Jesus Christ.

John 14:6 - "I am the way, and the truth, and the life. **No one comes to the Father except through me.**"

John 20:30-31 - "Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written so that you may believe that Jesus is the Christ, the Son of God, **and that by believing you may have life in his name.**"

2. Is enjoyed by those who listen and follow the Shepherd's voice. (vv. 3-4, 16)

- Total contentment Overflowing abundance. Ultimate satisfaction is found in the fields of Jesus.

Psalms 23 - "**The Lord is my shepherd; I shall not want.** He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

- A sheep in the Jesus' fold enjoys:

³ Loritts, Bryan. "NEXT: Friendship with God" *Abundant Life Christian Fellowship*, 28 May 2017, <https://www.alcf.net/next>.

- Complete rest.

“... when the psalm begins with the sheep at rest it begins with a picture of sheep who have found their shepherd to be a good shepherd, that is, one who is able to meet their physical needs and to provide them with release from anxiety.”⁴ – **James Montgomery Boice**

- Guidance.
- Comfort.
- Safety.
- Provision.
- A heavenly destiny.

3. Is able to be enjoyed by us because Jesus sacrificed his.

AN ABUNDANT LIFE...

- 1.** Rests in the protection of Jesus. (v. 9)
- 2.** Relies on the provision of Jesus (v. 9)

⁴ James Montgomery Boice, *The Gospel of John: An Expository Commentary* (Grand Rapids, MI: Baker Books, 2005), 749.