

FOUNDATIONS: THREE MEDITATIONS FOR ANXIOUS HEARTS

WHO AM I? / PSALM 131

THE PROBLEM

- Real, deep loss on global scale - let's be present to it.
- Simple loss - routine, friends, etc.
- Complex loss - SF Chronicle "coronavirus has changed the very act of dying and saying goodbye"

- We are being stripped of life + identities
- Loss of vocation - "who am I without this job?"
- Loss of rhythm - "nothing is the same" (Luther)
- Loss of health/life/love etc - "who am I without them?"
- Loss of income - "who am I if I can't provide?"
- Loss of control - "what happens next?"
- Loss of distraction - we see who we really are and we don't like it
- All of this leads to: "who am I w/o the things I'm losing?"

- My anxiety: OCD
- Reasoning internally doesn't work - you aren't thinking clearly
 - You need a faith above the anxiety to hold onto and trust in waves of panic
 - ⇒ SERIES: not one of tidy answers, but realities to dwell on, "meditate"
 - Looking for solutions to circumstances good, but ≠ peace. going down instead of around

THE CROSS - Who am I in light of the cross?

- We don't like giving "spiritual" answers during this time because they feel like hallmark presentations instead of practical help
- But Christ saw all of this as he went to the cross, KNOWING HIS DEATH WOULD MATTER DEEPLY IN A TIME SUCH AS THIS
- TOUCHES EVERY REALITY + ANXIETY BY DRAWING US DEEPER INTO THAT WHICH IS TRUE.

- When so much is being taken from us, the cross gives true identity.
- His righteousness gives to us in exchange for our failure. We stop here. God didn't.
- Thru faith, we aren't what we think we are, we are what God says we are. - Not just forgiven, adopted. - Not just legal trans, claiming!
- ADOPTION IS NOT A CONSULTATION PRIZE FOR LOSS IT IS THE TRUEST THING ABOUT YOU.

1. ROMANS 8:14-17
2. PSALM 131
3. ADOPTION

PSALM 131 THE MEDITATION ADOPTION MAKES THIS A REALITY / Read first.

V.1 - Picture of a proud person - who has all answers

Pride + anxiety closely linked - if we think we have answers, solutions, + competency, we crumble when life shows us we clearly do not → Identify who am I?

Don't define yourself by what you don't have - Green + brown, yes. But you are not these things

V.2 - Instead, the picture of one satisfied - full

Soul satisfied after being fed in the presence of the provider.

Look + dwell on what you do have and be satisfied. Eat well. Provision linked to the provider.

4. PS. 131:1

V.3 - O Lord, hope in the Lord, now + forever
Go deep + find the one who has adopted + claimed you.

5. QUIT ON PAK

It is ok to be sad, mad, etc. But you do not need to entertain the voice system about who you are

- 1 Be present to loss - feel it - but it doesn't define you
- 2 Sustain yourself in the truth of who you are and who we do love.
- 3 Let him be the hope he promised to be, not shallow.

This is a choice - David chose this
if you stay in shallows, you won't help
if you plumb depths + meditate, you will find the grace you need for adoption

Christ purchased your adoption. This is who you really are.

Dwell on this. Write it down
Don't let it leave you
Practical "I'm not worthy kiss, my babe"