

FOUNDATIONS: THREE MEDITATIONS FOR ANXIOUS HEARTS | WHERE IS HE?

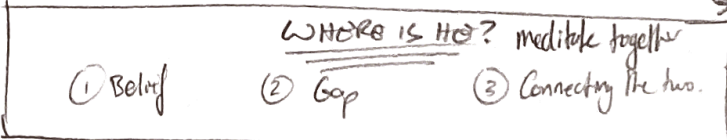
INTRO

LOSS OF PRESENCE

① FOUND MY BREAKING POINT
WORLD'S WORST INTERNET

② LOSS OF PHYSICAL PRESENCE
- Tactile
- Reaching for
HURTS, BUT UNDERSTAND

③ Deeper: LOSS OF Relational/Emotional/Spiritual Presence
It's not just a body in the room, it is what that body brings
It's not just knowing comforts of God, it's experiencing them.
This space hurts + is more comforting



Read 1 John 4:13-16

① Belief - Is God really near to his people? Can seem distant...

Look closely at what we believe:

Formed the earth, a place for his ppl to dwell
Walked in garden in the east of the day
Made a way for salvation of his people
Delivered them out of Egypt
Promised in the giving of the law that he would not leave or forsake
Even in rebellion, remained present in the days of kings + judges
Spoke in a small still voice

Protected in a lion's den
Rwelt in the flames of a furnace
Spoke to his people through the prophets
Lamented, gave wisdom, inspired song
Came in form of man - touched unlovable, loved, unlovable
Died so that we can be close w/o other means
Sent his Holy Spirit to indwell, equip, empower his people
Moved w/ might + miracle in the early church - signs, visions, healings
Spoke of with great power + conviction in the new Testament
Revelation - coming back to bring all who believe home

In other words → all of biblical story is God's efforts to be close + close to his people.

⇒ Is he really this close today? 1 John 4:13-16

→ God is close to those who have trusted in his Son Jesus for salvation, renewal of sins + forgiveness
God lives w/ us - he abides in us, we in him, together in love.

HE IS HERE!

② Gap

→ We grow weary w/ this brilliant God + this mundane existence - where is he?
↳ B/C he feels far off or checked out, we go everywhere else for what we need + the wonder why the spiritual

→ Now we learn to meditate on the bible in order to bridge gap

Two contrasts: ① meditation, not ^{must be on God.} _{silver bullet}
② honest, not condemnation - just step - how we are really doing

③ Connecting

① In our anxiety, may we seek the Lord where he may be found.

- coffee cup...
Three visuals
① 2 Chronicles 7:14 ^{Fervency} seek = search out, beg - how are we doing?

② Fortitude (strength) ^{Psalm 63:1} seek: dawn into darkness break in or pry open an order - how strong? Effort?

③ Firming (grounding) ^{Isaiah 65:6} seek: things wear a path - how often?

- Some have tried + failed...
- many of us haven't if we sought God like we seek other things or he would be diff.
- used to less - ok for a while but not long term. Depleted
- pay for time. Fight for time. Settle for less - vary good some.

Access to presence

Doesn't exist

② In our anxiety, may we wait patiently for him.

clerk
^{PSALM 13:1-2, 5-6}

I but psalms + honest
Good, but bitter.

→ This psalm + others reveals thought pattern.

First half - bad
Second half - pleading with to self - remember

→ What message are you preaching to yourself as you wait?
Entertaining thoughts, running wild?
or
Sowing faith/patience or distrust/impatience? ^{PSALM 27:13-14}

③ In our anxiety/asking where God is, let us cling hopefully.

^{PSALM 63:1-3}

When our waiting is frustrated it forces us to ask where our hope is?
→ Are the things we are hoping for doable/achievable?
- False Summit - discouragement
but at the top is rest + water - deep food.
→ Peak = refuge + shelter - object of effort, affection, pursuit when our heart is faint

Physical can't be helped - we mingle but we wait
Spiritual is real - we do have, but wait.
Meditation - he is here only