

# BIBLICAL CALM IN AN ANXIOUS AGE

## 1. JOY, PEACE, AND THE CHRISTIAN LIFE

- Anxiety is often tied to depression
- Fruit of the Spirit: Joy and Peace

## 2. WHAT IS ANXIETY ACCORDING TO SCRIPTURE?

## 3. ANXIETY AS MISPLACED WORSHIP

- Proverbs 12:25 – “weighs down” = Hebrew *saḥa*

## 4. WHAT DID JESUS SAY ABOUT ANXIETY? (MATTHEW 6)

<sup>26</sup> Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

<sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

<sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be added to you.

## 5. WHAT ANXIETY IS NOT

1. Concerns
2. Precaution
3. Anticipating future suffering

## 6. WHAT ANXIETY IS

1. Catastrophizing
2. Overestimating danger
3. Future suffering without future grace

## 7. A RIGHT VIEW OF GOD IS KEY

- *“What comes into our minds when we think about God is the most important thing about us.”*  
– A.W. Tozer

## 8. THE PATH TO PEACE

1. Isaiah 26:3 – *“Perfect peace”* - Trust in God
2. Sound Mind (2 Timothy 1:7)

## 9. RENEWING THE MIND

- Take every thought captive (2 Cor 10:5)

## 10. BIBLICAL MEDITATION VS WORRY

- Meditation = repetition -(neuroplasticity)
- Psalm 1 – Meditate day and night

## 11. HOW TO RENEW YOUR MIND

- Identify your thoughts
- Evaluate motives
- Redirect focus

## 12. PHILIPPIANS 4 - A BIBLICAL STRATEGY

- The Lord is near - (v.5)
- Think about what is true... (v.8)
- Practice this regularly. (v.9)
- *God’s peace “guards” your heart and mind (Phil 4:7).*

## CLOSING CHALLENGE

- Don’t just seek peace—**Seek God**

# BIBLE REFERENCES

MATTHEW 10:29

*“Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father.”*

JAMES 1:8

*“A double-minded man is unstable in all his ways.”*

PROVERBS 12:25

*“Anxiety in a man's heart weighs him down but a good word makes him glad.”*

MATTHEW 6:25-34

*“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, 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. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”*

PROVERBS 4:23

*“Guard your heart with all diligence, for out of it flow the springs of life.”*

ISAIAH 26:5

*“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.”*

ROMANS 12:2

*“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”*

2 TIMOTHY 1:7

*“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”*

PSALM 42:11

*“Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.”*

2 CORINTHIANS 10:5

*“We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ”*

## COLOSSIANS 3:2

*“Set your minds on things that are above, not on things that are on earth.”*

## PSALM 1:1-2

*“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night.”*

## PHILIPPIANS 4:4-8

*“Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.”*

## PSALM 94:14

*“When the cares of my heart are many, your consolations cheer my soul.”*

## PSALM 46:1-2

*“God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea,”*

## PSALM 32:7

*“You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance.”*

# RESOURCES

Book: *Consider the Lilies: Finding Perfect Peace in the Character of God* — Jonny Ardavanis

Podcast: Dial In Ministries

- How to Find Joy in Trials | Biblical Wisdom on Suffering with Pastor Harry
- 8 Powerful Steps to Biblical Meditation | How to Meditate on God's Word Daily | Harry Walls
- Experiencing God's Love | 10 Wonderful Features | A Deep Dive Into Psalm 103
- The Sovereignty of God: Finding Peace in a Chaotic World
- The Mind vs Brain: What Your Therapist Won't Tell You About Mental Health Diagnoses
- How to Renew Your Mind: Biblical Keys to Christian Transformation | Dr. Gifford and Jonny Ardavanis

Podcast: Transformed

- Dr. Greg Gifford - God's Toolbox for Anxiety: How to Use the Tools He Has Given You