

## How to Be BRAVE- Anxious for Nothing

*We can be brave in the face of the wind and waves in our lives when we cultivate hearts that are anxious for nothing.*

### **Philippians 4:6-7 (NKJV)**

*6 Be **anxious** for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

### **Philippians 2:20 (ESV)**

*For I have no one like him, who will be **genuinely concerned** for your welfare.*

Greek word for Anxious- **merimnate** translated “needless anxiety” or “genuine concern

- Paul is telling us that it is possible to have genuine concern, but not to be anxious and to trust God in all things
- “It’s nothing but a thing” we can take on heaven’s perspective and eliminate needless anxiety
- We can interpret the same situations in two different ways, needless anxiety or genuine concerns

**Ex. Irrational Fears:** Emma at one point was scared of everything, Timothy was scared of toys that made noises, Dolls still make me uncomfortable. My friend Tony is a fear of turtles.

### **Romans 8:31-32(NLT)**

*31 What shall we say about such wonderful things as these? If God is for us, who can ever be against us? 32 Since he did not spare even his own Son but gave him up for us all, won’t he also give us everything else?*

### **Romans 8:37-39 (NLT)**

*37 No, despite all these things, overwhelming victory is ours through Christ, who loved us. 38 And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love. 39 No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.*

## **WAVES**

### **Mark 4:35-38 (NLT)**

*35 As evening came, Jesus said to his disciples, “Let’s cross to the other side of the lake.” 36 So they took Jesus in the boat and started out, leaving the crowds behind (although other boats*

followed). **37** But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water. **38** Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"

*It's not always what we go through that creates anxiety but how we go through it.*

## 5 Unnecessary Waves We Create

### 1. Words

- the word we speak and think can create anxiety
- Examples some of us crawl out of bed creating waves with our negativity, sometimes it's words that have been said to us that we just can't shake
- God created the world with words. You are made in His image and create your world with your words
- Anxiety or peace in life is the result of the words you think or say
- We drown in the wake of our own words.
- Can you finish everything you say with, "And that's just the way I want it?" Ex. "I'm worried to death," "This is going to kill me," "I'm just running around like a chicken with its head cut off because I'm so stressed," "I'm never \_\_\_\_\_."
- Check your words!

### 2. Approach

- We don't always get anxious about what we have to do but rather how we deal with everything we have to do
- It's not what you're going through but how you're going through what you're going through
- Examples: some us don't create margin. We spend too much money and then get stressed that we don't make enough, we get stressed about traffic but left too late, or students get anxious about a class but it's not the class or the teacher; it's the fact that you procrastinated on an assignment given weeks ago.

### 3. Voices

- The wrong voices we allow to speak into our souls create anxiety
- Examples: if eat a steady diet of what the media serves then we shouldn't be surprised when we get a stomach ache. If you check your Twitter feed before you get out of bed, or the news....
- When there is an issue at work you only need enough information to make good decisions. There is such a thing as too much information
- Jesus' voice has the power to calm the storm, but the wrong voices can stir up waves
- What voices are you allowing to speak into your soul?

### 4. Expectations

- Examples: We get anxious when we expect life to be easy, or when we create false

- expectations from others, we develop our own unrealistic expectations
- Staying engaged through the Word equips us with the armor of God so we are always prepared

## 5. Shame

- Shame causes us to walk in fear that our past will catch up with us and that people are judging us
- Conviction is good because it shows us what to fix and God gives us the power to change it. Shame makes you feel like something is fundamentally messed up about you
- But, Jesus paid the full price of our sin and took away our shame once and for all

## Be Still

### **Mark 4:35-41 (NLT)**

*38 Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?" 39 When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. 40 Then he asked them, "Why are you afraid? Do you still have no faith?" 41 The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves obey him!"*

- This is similar to Jonah who was sleeping beneath the deck of the boat running from his calling (Jonah was sleeping because he was complacent while Jesus was sleeping because He was confident)
- Jesus told them let's go to the other side and His promise was good. But, like the disciples, we get so worried about things that never happen
- Jesus wasn't bothered that they woke Him up. It was the way they woke Him up
- Jesus didn't take them through the storm to test them but to teach them
- Jesus used the wind and storm as a white board to teach them what they can do

### **James 1:6-8(NLT)**

*6 But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. 7 Such people should not expect to receive anything from the Lord. 8 Their loyalty is divided between God and the world, and they are unstable in everything they do.*

- It's not the waves on the outside that throw you off. It's the waves within your own heart
- This is why God allows storms into our lives so that we can learn to calm the waves within
- When Jesus told the storm to "be still" He modeled the authority we have over our own souls
- The real waves are within and we will never have peace until we learn to speak peace to our own hearts
- The Spirit of God lives inside of us so we can leverage the authority of Jesus and

- Speak peace to the fear and anxiety in our hearts
- If you learn to calm the waves within you can ride the waves without
  - Let's be peace speakers to our own souls! The next time the winds of imagination or uncertainty start blowing, get up, wake up your faith in the stern of the ship, and speak peace to the storm
  - Calming the waves within is determined by the atmosphere of your heart. We want God to calm the storms on the outside but what we need to learn is how to calm the storm within

What is the atmosphere of your heart?

## **B. R. A. V. E the WAVES**

*Often, we try shaking God awake to deal with our fears when we want to awaken our faith and our inner brave to change the atmosphere of our hearts.*

### **1. Breathe**

- Physically breathe
- God is with us everywhere we go so we must learn stop and breathe in His presence and breathe out His grace
- They have suggested that the reason the Hebrew name of God is Yahweh is because the name sounds like a breath

### **2. Remember** (Thanksgiving)

- Remember He said we are going to the other side
- Trigger something in your mind that reminds you of the faithfulness of God
- Remembering God's faithfulness in the storms of yesterday will inspire us to trust Him in the storms to come

### **3. Ask** (Make your request)

- Sometimes God just wants us to ask Him for help. If we do, He helps faithfully

### **4. Visualize**

- The storm can wreck your visibility and cause you to lose sight of what God has put around you
- Even when we don't see Jesus in the storm, we can visualize Him with our hearts

### **5. Elevate**

- We find our BRAVE in our praise
- Atmospheric pressure becomes less as you elevate.
- You can't make something heavy hanging over you lighter but you can elevate your position through praise