

## **BREAKING WALLS DOWN**

# **THE WALL OF ANXIETY**

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With all that has happened over the last year and a half many have found themselves facing situations that they probably never thought they would have come across. For one, they may have thought that their faith was unshakable only to find the thought of going back to church or even out of their street something to dread. Over the next 4 weeks we will be dealing with 4 potential walls that the believer may find themselves up against.

### **TURN TO 2 CORINTHIANS 4:6-12**

HOW DOES A BELIEVER OVERCOME THESE VERY REAL EMOTIONS AND FEELINGS?  
**2 CORINTHIANS 4:6**

We overcome these emotions and feelings by aligning ourselves with God's word. The bible should always be a first point of call to any situation. It should be the reference point or the standard of what we measure our lives against.

People in the bible who had to overcome their feelings:

- Paul – Imprisoned and arrested multiple times, shipwrecked, bitten by a snake and eventually martyred. But still carried out three missionary trips to spread the gospel.
- Moses – Felt inadequate, thought he was a failure. But he led the Hebrews out of Egypt and established the 10 commandments and met face-to-face with God.
- Abraham – Didn't want to sacrifice his son Isaac. But God provided a sacrifice in place of his son.
- Jesus – In the garden of Gethsemane. But he rose from the dead.

WHAT STEPS CAN WE TAKE TO ENSURE THAT THIS WALL DOES NOT HOLD US BACK FROM WHAT GOD WANTS US TO DO? **2 CORINTHIANS 4:7**

- Remembering who is our first love
- Sacrifice
- Recognise who is in control
- Humble ourselves (We only notice the value of something once it's gone).

Like anything in life, things take time and there's a process to building-up the courage and strength to face your fears and anxieties.

It's the same with our faith and our walk with the Lord. Sometimes there is a breaking, which causes new growth and new strength.

We need to strip things back to the basics and focus on the fundamentals.

- Our serving God
- Is the purpose of what I'm doing building his kingdom
- Is it part of his bride, the church

AS BELIEVERS WE OUGHT TO EMBRACE THE FUTURE KNOWING THAT GOD IS STILL IN CONTROL. **2 CORINTHIANS 4:8-10**

*"We cannot conjure up an answer to the problems of our world with human wisdom and earthly reasoning."*

It's important to be in church and part of the church family because that is where God can help you the most.

**-Preached word:** uplifted and encouraged; but challenged and leave you with food for thought. Go home and do your own studying.

**-Worship:** God's presence surrounding us and cleansing us. Fuel for the days ahead.

**-Generous people:** People/family willing to give up their time, talent, treasure and touch to help you and share Christ's love.

**-Godly counsel & wisdom:** Family on hand to share Godly advice, in good times and the tough times. Medical, financial, family focussed, marriages, professional.

**-Fellow & Family:** The Church a place of safety and refuge, family who eat, laugh, cry and prayer together.

WE DON'T BEHAVE THE WAY OF THE WORLD INSTEAD WHEN WE FACE THESE EMOTIONS WE CHOOSE TO 'BELIEVE THE REPORT OF THE LORD'. **2 CORINTHIANS 4:11-12**

The Great Awakening In America -This is why we don't behave like the world, because the more the holy spirit works in our lives the more people will be drawn to it and realise the need for God in their lives.

## **ROMANS 12:2**

Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.