

Rich Humphrey

SESSION 2 | Overcoming Anxiety: Following Our Savior's Call to Peace

I. INTRODUCTION

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

John 14:27

II. The Lie That Drives Our Anxiety

When Pharaoh drew near, the people of Israel lifted up their eyes, and behold, the Egyptians were marching after them, and they feared greatly.

Exodus 14:10

Then the Lord said to Moses, "Tell the people of Israel to turn back and encamp in front of Pi-hahiroth, between Migdol and the sea, in front of Baal-zephon; you shall encamp facing it, by the sea. For Pharaoh will say of the people of Israel, 'They are wandering in the land; the wilderness has shut them in.' And I will harden Pharaoh's heart, and he will pursue them."

Exodus 14:1-4

By looking at what you worry about, you can become a person of understanding who tackles the deep matters of your own heart...Worry can be a window into your soul.

Timothy Lane, *Living Without Worry*

III. Replacing the Lie With Biblical Truth

Fear not, stand firm, and see the salvation of the Lord, which he will work for you today. For the Egyptians whom you see today, you shall never see again. The Lord will fight for you, and you have only to be silent.

Exodus 14:13, 14

For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him.

Colossians 1:16

He changes times and seasons; he removes kings and sets up kings; he gives wisdom to the wise and knowledge to those who have understanding.

Daniel 2:21

Now when the sun was setting, all those who had any who were sick with various diseases brought them to him, and he laid his hands on every one of them and healed them.

Luke 4:40

Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

Psalms 139:16

The Lord had made the Egyptians favorably disposed toward the people, and they gave them what they asked for.

Exodus 12:36

Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! Fear not, little flock, for it is your Father's good pleasure to give you the kingdom.

Luke 12:22-24,32

Cast all your anxiety on him because he cares for you.

1 Peter 5:7

Not only that God by his providence rules the world, and governs all things in general, but that it reaches every detail; not only to order the great affairs of kingdoms, but it reaches to every man's family; it reaches to every person in the family; it reaches to every condition; yea to every happening, to everything that falls out concerning you in every particular: not one hair falls from your head, not a sparrow to the ground, without the providence of God. Nothing befalls you, good or evil, but there is a providence of the infinite eternal Being in that thing; and therein is God's infiniteness, that it reaches the least things, to the least worm that is under your feet.

Jeremiah Burroughs – *The Rare Jewel of Christian Contentment*

IV. Overcoming Our Propensity to Forget

Then Moses made Israel set out from the Red Sea, and they went into the wilderness of Shur. They went three days in the wilderness and found no water. When they came to Marah, they could not drink the water of Marah because it was bitter; therefore it was named Marah. And the people grumbled against Moses, saying, "What shall we drink?"

Exodus 15:22-24

And Joshua said to them, "Pass on before the ark of the Lord your God into the midst of the Jordan, and take up each of you a stone upon his shoulder, according to the number of the tribes of the people of Israel, that this may be a sign among you. When your children ask in time to come, 'What do those stones mean to you?' then you shall tell them that the waters of the Jordan were cut off before the ark of the covenant of the Lord. When it passed over the Jordan, the waters of the Jordan were cut off. So these stones shall be to the people of Israel a memorial forever."

Joshua 4:5-7

The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself. You must say to your soul: 'Why art thou cast down'—what business have you to be disquieted? You must turn on yourself, upbraid yourself, condemn yourself, exhort yourself, and say to yourself: 'Hope thou in God'—instead of muttering in this depressed, unhappy way. And then you must go on to remind yourself of God, Who God is, and what God is and what God has done, and what God has pledged Himself to do."

Martin Lloyd Jones – *Spiritual Depression*

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