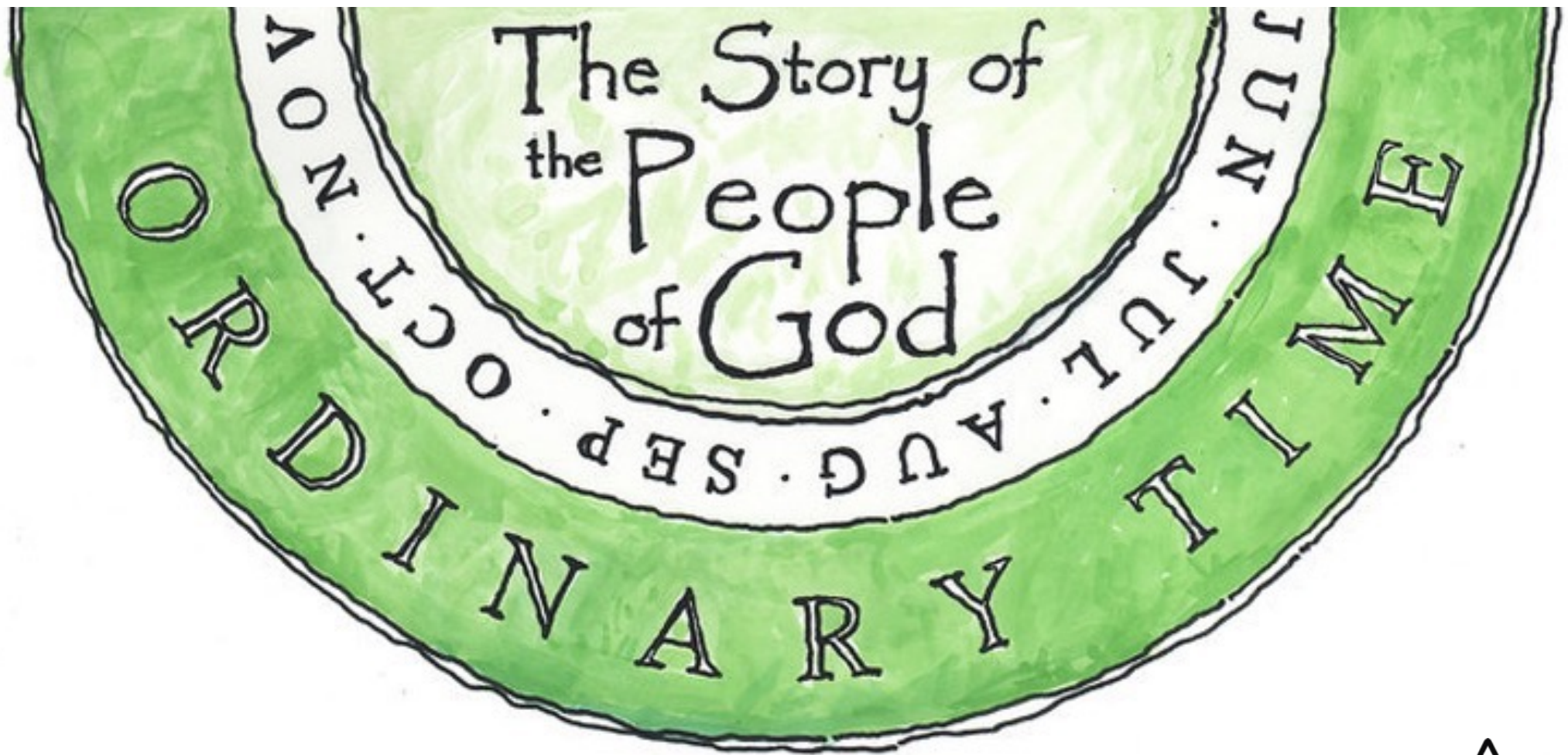


Holy One, Covenant-Keeper,
Restorer of what is lost:
heal what is wounded,
and gather in all who have been rejected.
Give us the faith to champion the voices
of the downcast and oppressed,
that all people may know your liberation.
Amen.

Opening Prayer







THE GOOD and BEAUTIFUL LIFE



LEARNING TO LIVE LIKE JESUS

Learning to live w/out **ANGER**

Learning to live w/out **LUST**

Learning to live w/out **LYING**

Learning to live w/out **VENGEANCE**

Learning to live w/out **VANITY**

Learning to live w/out **AVARICE** }

Learning to live w/out **WORRY** }

Learning to live w/out **JUDGMENT**



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PUTTING ON THE
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—DALLAS WILLARD

The American economic system could not continue to exist without keeping us constantly dissatisfied, somewhat unhappy. Consider...if you're happy with your life; if you enjoy spending time with your children, playing with them and talking with them; if you like nature; if you enjoy sitting on your front steps; if your sexual life is relatively happy...



And if you have a peaceful sense of who you are and are stabilized in your relationships; if you like solitude, enjoy praying and just like talking to people—spending time in conversation with them; if you enjoy living simply; if you don't need to compete with your friends or neighbors; you (likely) haven't spent a nickel. That makes you an economic liability.



That's why the ads on television try to convince you that you are not thin enough; your skin is not smooth enough; you don't have the kind of car that impresses people; you lack the symbols of achievement that will make you admired; only then can the society in which we live manipulate us into buying more commodities to fill the emptiness of our lives;

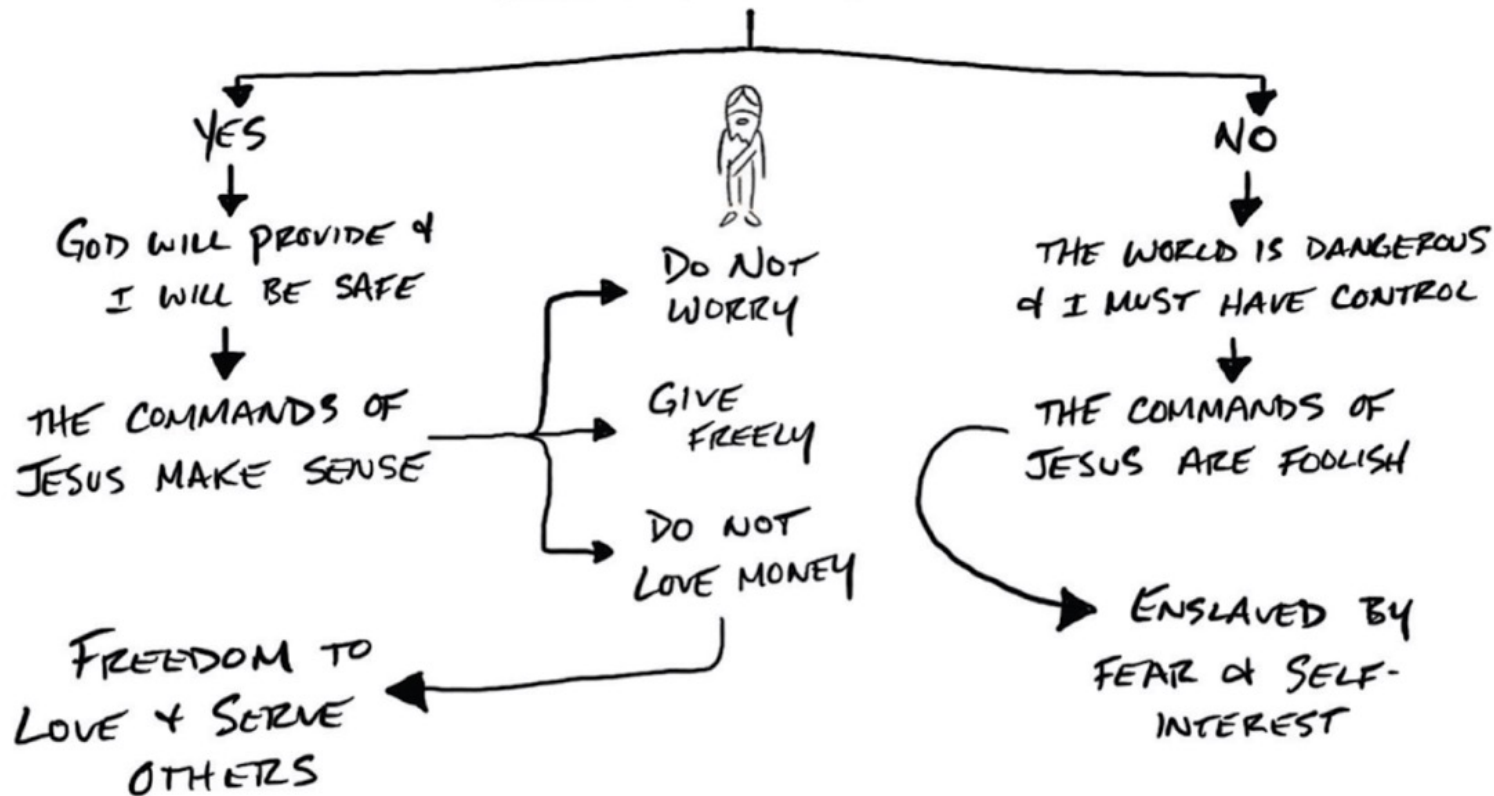


...to assure others that we are successful; and create that false sense of satisfaction which advertisers promise if we will just buy the products advertised.



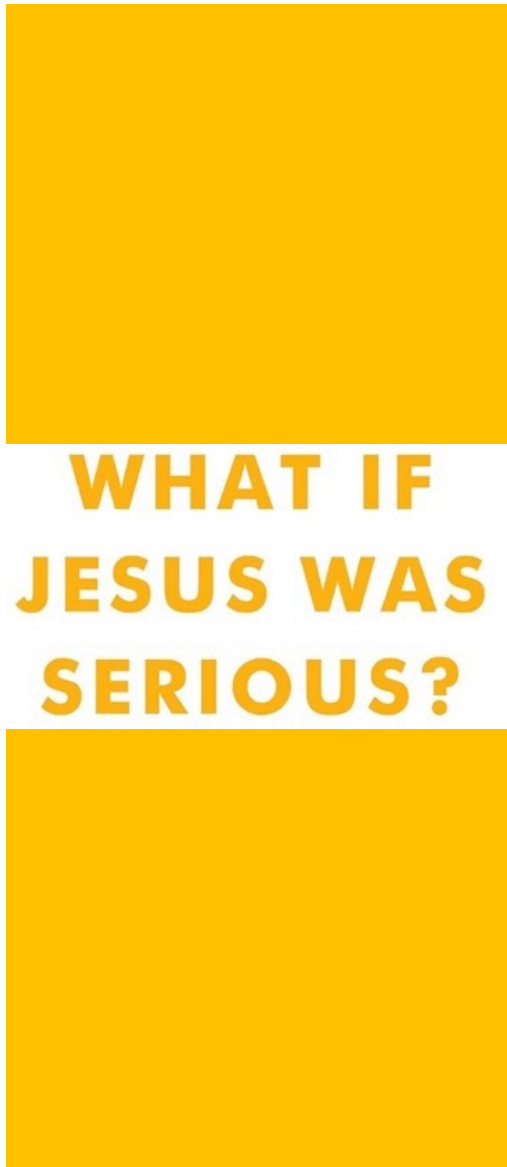
ABUNDANCE VS. SCARCITY

WILL THERE BE ENOUGH?



WHAT IF
JESUS WAS
SERIOUS?

...when we're afraid, we contract;
we pull our resources inward in
a posture of protection and self-
preservation. We can only think about
ourselves, our needs, and our survival.
This is exactly what Jesus wants
to set us free from.



**WHAT IF
JESUS WAS
SERIOUS?**

FALSE NARRATIVE

If we **WORRY** about something
we will prevent **BAD** things
from happening...



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FALSE NARRATIVE

If we **WORRY** about something we will prevent **BAD** things from happening...

REALITY: whether about the past or the future, worry does nothing to impact either, and just robs the present in the process



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TODAY'S MESSAGE IS NOT ABOUT

- People diagnosed and/or are living with anxiety, AuDHD, etc.
- People suffering from post-traumatic stress disorder



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A QUESTION TO CONSIDER...

If I'm honest with myself,
what role do fear/worry
play in my day-to-day life
and what might the cause
of that fear be?

**None
At All**

**Every Now
and Then**

**ALL.THE.
TIME.**

1

5

10



TODAY'S MESSAGE IS ABOUT

- What we do after we have planned/prepared/acted properly
- Stewing on assumed/imagined negative results we can't control
- Fear in the absence of danger, or the overestimation of danger, and in the absence of other mental health diagnoses/issues



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FALSE NARRATIVE

If we **WORRY** about something
we will prevent **BAD** things
from happening...

TRUE NARRATIVE

Letting **GO** of the need to
CONTROL + trusting God
with **OUTCOMES** is what
leads to **PEACE**



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LIFE

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Therefore...do not worry about your life, what you will **eat** or **drink**, or about your body, what you will **wear**. 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. Do you not know he cares even more for you? And can any of you by worrying add a single hour to your span of life?*

HOLY
BIBLE

MATT

6:25-27

*And why do you worry 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 clothed like one
of these. But if God so clothes the
grass of the field, which is alive today
and gathered for tomorrow's fire,
will he not take even better care of you—
you of little faith? ὀλιγόπιστοι; "little-faiths"*

HOLY
BIBLE

MATT

6:28-30

*Therefore, do not worry,
saying, “What will we **eat**?”
or “What will **drink**?”
or “What will we **wear**?”
For it is the Gentiles who strive
for all these things; and indeed,
your heavenly Father knows
that you need all these things.*

HOLY
BIBLE

MATT

6:31-32

“...WHY DO (WE) FREAK OUT?”

- Do we trust God’s goodness?
- Are we too focused on the opinions/possessions of others?
- Do we have unaddressed issues?
- Are we desperate for control?
- Are we struggling to take our thoughts captive? **2 Cor 10:4-5; Rom 12:2**



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When it comes down to it,
living the Christian life is (largely)
a matter of where we set our
minds...the primary practice
as a Christian boils down
to what we think about,
what we dwell on, what values
we keep before our minds,
what truths (or lies) we have
in our consciousness.



POSSIBLE WAYS TO DEAL...

- Grow to trust God's goodness
- Shift your focus away from the opinions/possessions of others
- Seek help for unaddressed issues
- Learn how to let go of control
- Taking our thoughts captive, making them obedient to Jesus



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*If you will make Creator's good road
your first aim, representing his right ways,
he will make sure you have all you need
for each day.*

HOLY
BIBLE

MATT

6:33-34

Put the world first, and you'll find
it gets moth-eaten in your hands.
Put God first, and you'll get
the world thrown in.



*If you will make Creator's good road
your first aim, representing his right ways,
he will make sure you have all you need
for each day. So do not worry about
tomorrow's troubles. It is enough
to trust Creator to give you the
strength you need to face today.*

HOLY
BIBLE

MATT

6:33-34

Jesus says that the kingdom operates only in the present moment. We can only live in the kingdom today. We can't live in it tomorrow. Worrying about tomorrow is a useless distraction... Regarding today's troubles, God is teaching us how to respond to them as they come, one by one.



When we speak of freedom from dependency on reputation and material wealth (and the world's corresponding fears) we are not suggesting an easy triumphalism. Indeed, there will be times when we have no friends or wealth to be free from dependence upon. And that is precisely the point.



In such a case, we can
be (ultimately) undisturbed.
Life is hard in this world,
and also for disciples of Jesus.

(The point is: disciples of Jesus grow to handle such circumstances from the perspective of a kingdom citizen, knowing who and where they are, deeply loved children in whom Christ dwells, in God's unshakable kingdom.)



SOUL TRAINING EXERCISE

“Take it to the Lord in prayer...”

- Write down everything you are feeling anxious about
- Ask if there is anything you can do; make notes on how
- Specifically turn everything else over to God, one item at a time
- Seek professional help if needed



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God of the foreigner and outcast,
your arms reach out to embrace
all those who call upon you.

Teach us, as disciples of Jesus,
to love all whom you have made,
that your name may be known
throughout the earth.

Amen.

Closing Prayer

