





FACING  
*anxiety*



FINDING  
*peace*

# Big Idea

**Jesus is the ultimate refuge for fearful and anxious hearts.**

- 1. He understands our weakness**
- 2. He welcomes the fearful and anxious**
- 3. He rules what we cannot control**
- 4. He gives rest to the weary**

## He Understands Our Weakness

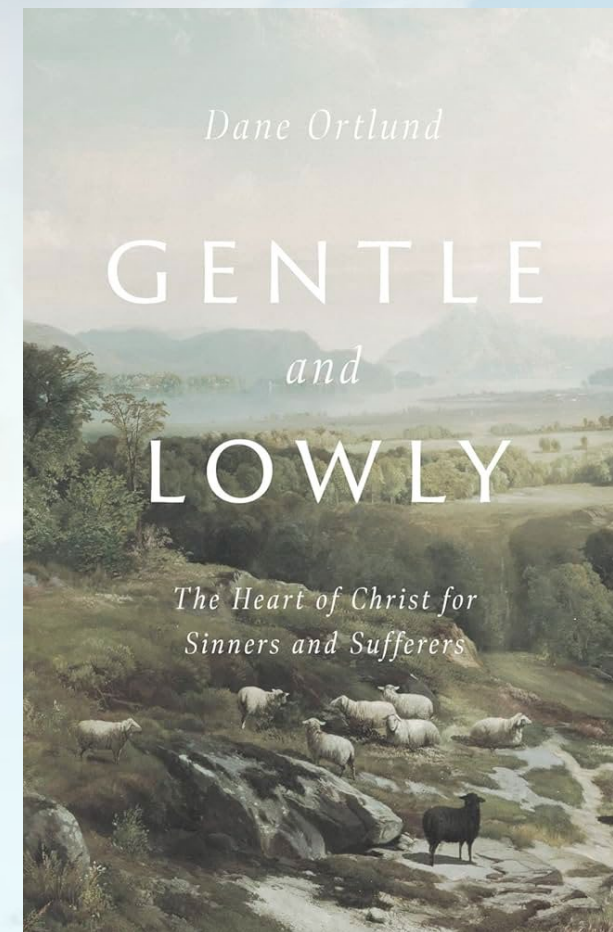
<sup>14</sup> Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. <sup>15</sup> ***For we do not have a high priest who is unable to sympathize with our weaknesses***, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Hebrews 4:14-16 (ESV)

# He Understands Our Weakness

“Our tendency is to feel intuitively that the more difficult life gets, the more alone we are. As we sink further into pain, we sink further into felt isolation. The Bible corrects this. Our pain never outstrips what he himself shares in. We are never alone. That sorrow that feels so isolating, so unique, was endured by him in the past and is now shouldered by him in the present.”

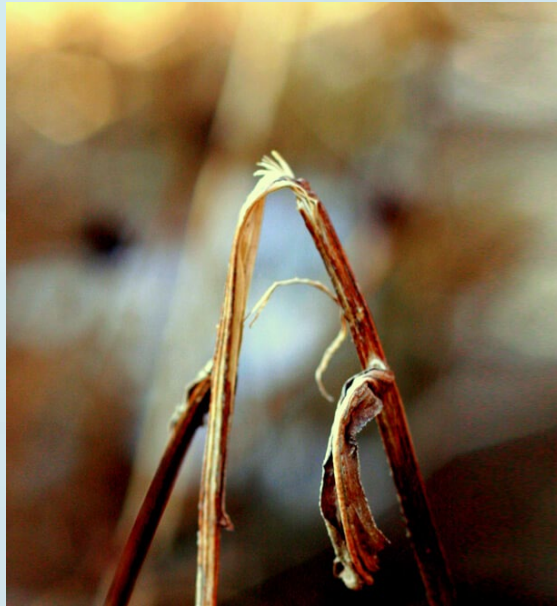
Dane Ortlund, *Gentle and Lowly*



# He Welcomes the Fearful and Anxious

<sup>20</sup> a bruised reed he will not break,  
and a smoldering wick he will not quench...

Matthew 12:20 (ESV)



# He Rules What We Cannot Control

## Things Subject to Jesus:

- Material provision (i.e., catch of fish, feeding thousands, water into wine, transportation, housing, money)
- Nature (storms, waves, walking on water)
- Physical health & wellbeing (heals infirmities and diseases)
- The spiritual realm (frees people from oppressive spirits)
- Nations (earthly powers like kings, governors, etc.)
- The future (makes predictions & promises, governed by his will)
- Death (ability to raise others and himself)

# He Gives Rest to the Weary

<sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.”  
Matthew 11:28-30 (ESV)



# He Gives Rest to the Weary

Ways to go to Jesus when you feel anxious:

1. Go to him in prayer

*Small and honest prayers*

- “Lord, help me.”
- “Jesus, I’m afraid.”
- “Please be near.”
- “Give me wisdom.”
- “Help me trust you.”
- “Give me your peace.”

*Prayers said out loud*

*Written prayers*

# He Gives Rest to the Weary

Ways to go to Jesus when you feel anxious:

2. Remember what he has said – preach to yourself!

*Remind yourself of God's character*

*Rehearse the promises of God*

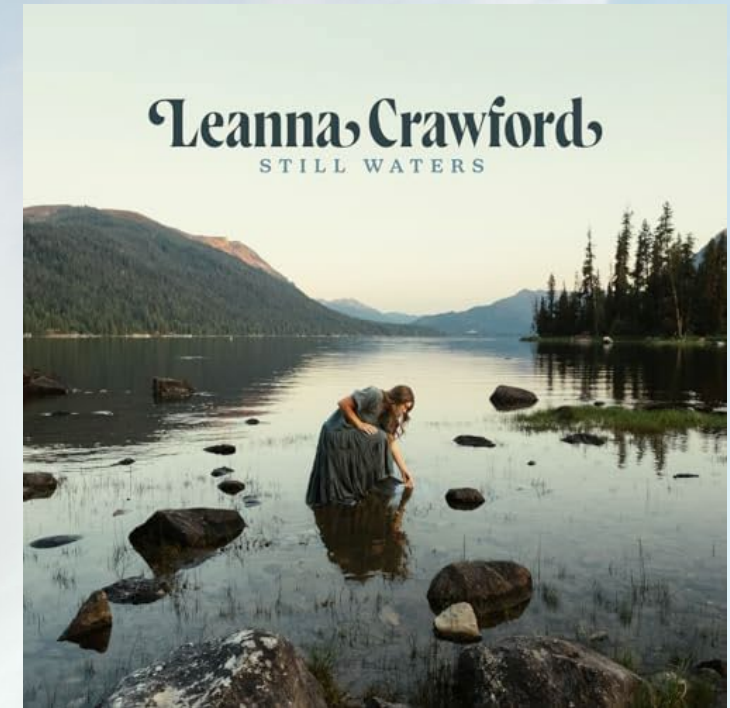
*Reorient fearful thoughts towards reality*

# He Gives Rest to the Weary

“Great Aunt Maurine said at a hundred and three, ‘Write scripture on your heart for when you need it. ‘Cause anxiety hates Psalm 23. So just say it to yourself ‘til you believe it.’

...Lord, I believe You can set me at ease. Turn this broken piece in me to peace and quiet. I know there's power in Your word. So I'll say it over and over 'til my soul's reminded...”

Leanna Crawford, Still Waters (Psalm 23)



FACING **anxiety** / FINDING **peace**

# He Gives Rest to the Weary

Ways to go to Jesus when you feel anxious:

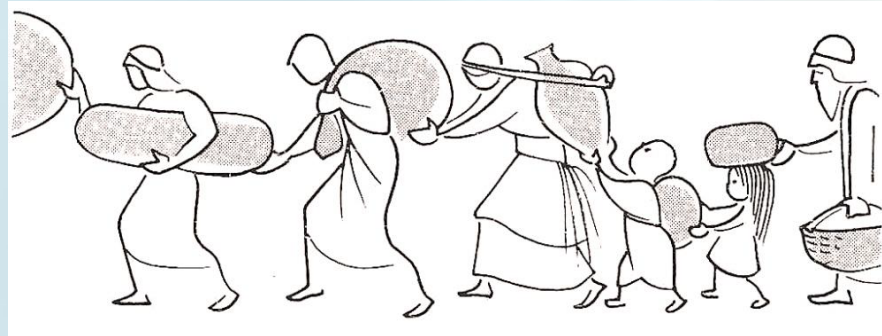
3. Reach out to his people

*Ask for prayer*

*Seek wise counsel*

*Confess your struggles*

*Ask for help in carrying burdens*



# He Gives Rest to the Weary

Ways to go to Jesus when you feel anxious:

4. In ways that engage our bodies

*Deep breaths*

*Get out into God's creation*

*Physical activity*

*Get good rest and nourishment*



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# Jesus is the ultimate refuge

The name of the LORD is a strong tower; the righteous man runs into it and is safe.

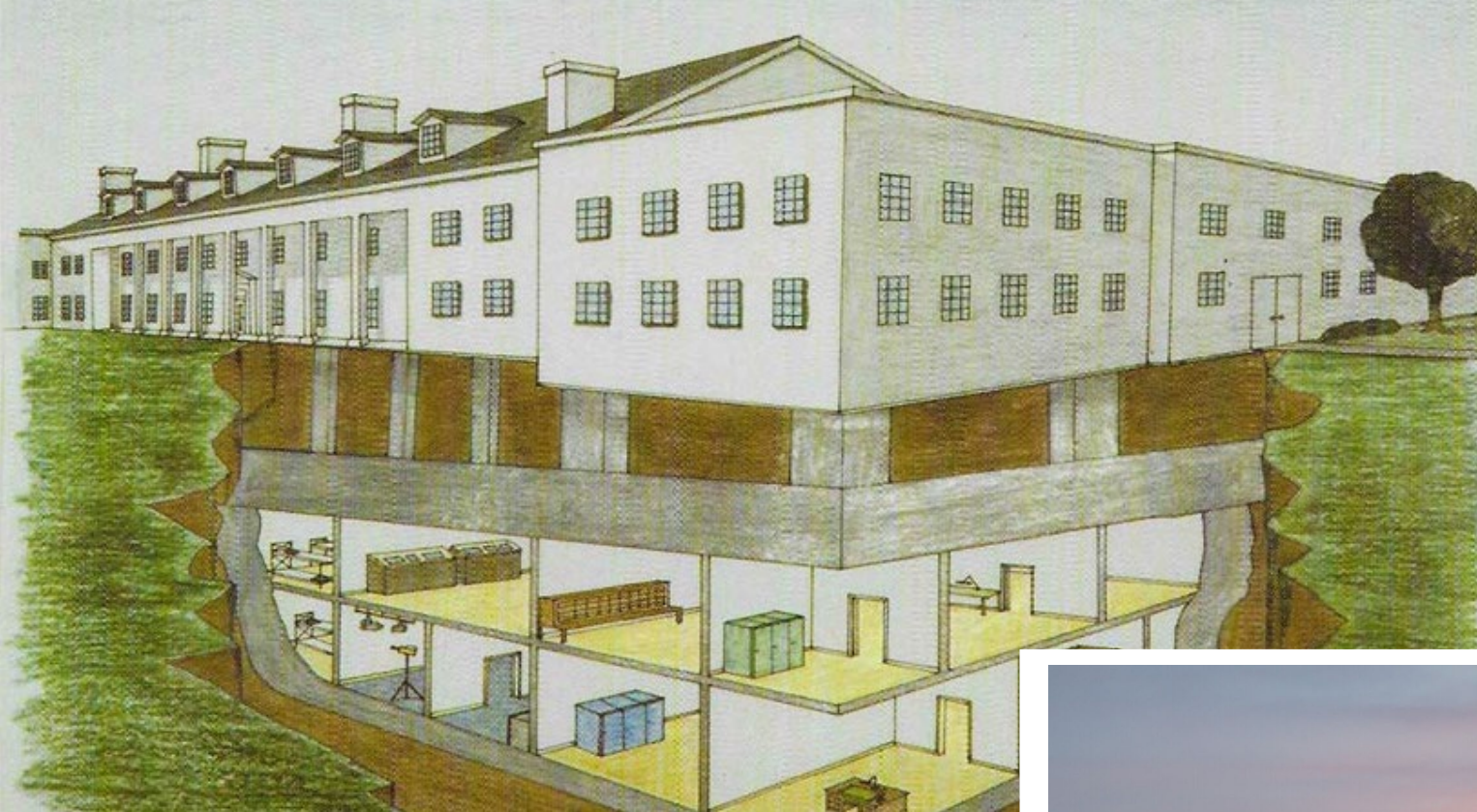
Proverbs 18:10

...for you have been my refuge, a strong tower against the enemy.

Psalms 61:3

...my God is my rock, in whom I take refuge, my shield and the horn of my salvation. He is my stronghold, my refuge and my savior— from violent people you save me.

2 Samuel 22:3



# Take Refuge in Jesus

Do this in remembrance of me.

For as often as you eat this bread and drink the cup,  
you proclaim the Lord's death until he comes.

