



- **The future is yours!**
- **You make your own luck.**
- **Take control of your destiny.**
- **Manifest your dreams.**



FACING  
*anxiety*



FINDING  
*peace*

General fear focuses on what is happening,  
anxiety focuses on what could happen.



American Psychological Association definition of anxiety:  
“Anxiety is considered a future-oriented, long-acting response  
broadly focused on a diffuse threat.”

Psychology Today article:  
“Anxiety is both a mental and physical state of negative expectation  
meant to capture attention and stimulate you to make necessary  
changes to protect what you care about... Anxiety can be  
considered the price we humans pay for having the ability to  
imagine the future.”

## **Big Idea**

**God's certain promises are better than our uncertain expectations.**

- 1. What has God promised for today?**
- 2. What has God promised for tomorrow?**
- 3. What has God promised for eternity?**

# What has God promised for today?

And which of you by being anxious can add a single hour to his span of life? ...Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 6:27,34 (ESV)

# What has God promised for today?

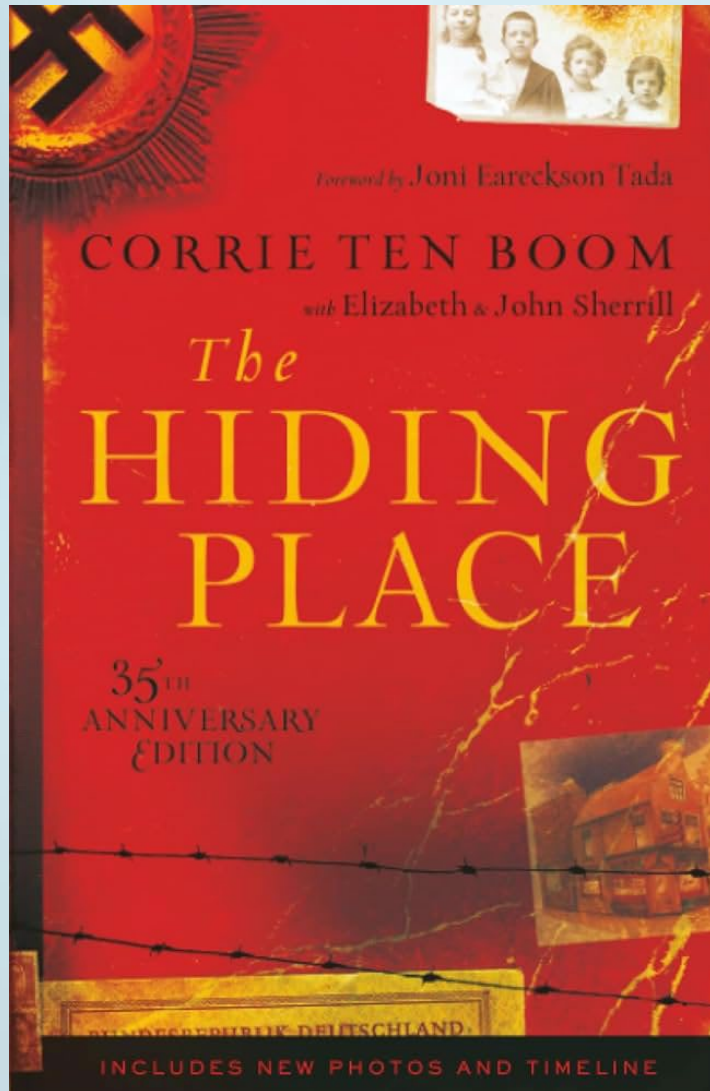
Blessed be the Lord, who daily bears us up; God is our salvation.  
Psalm 68:19

The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

Lamentations 2:22-23

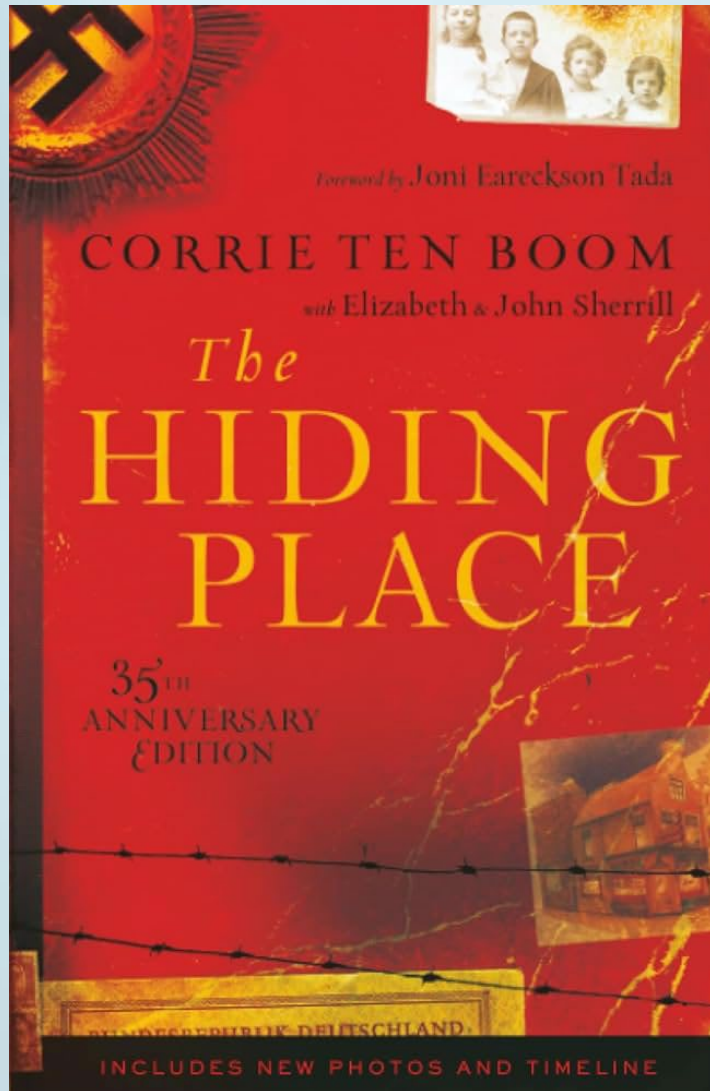
Give us this day our daily bread...  
Matthew 6:11

# What has God promised for today?



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

# What has God promised for today?



“Corrie, when you and I go on a trip to Amsterdam, when do I give you your train ticket?”

“You give it to me right before we get on the train.”

“Exactly. And our wise Father in heaven knows when we’re going to need things, too. Don’t run ahead of him, Corrie.”

# What has God promised for today?

Two things to do when tomorrow's potential burdens start creeping into today:

1) Evaluate your own prophetic record

“It’s hard work to live fully today. Human beings are natural prophets, always predicting the future. When our prophecies do not come to pass, we make a few more, undaunted by our poor prophetic record.”

Ed Welch, *A Small Book for the Anxious Heart*

# What has God promised for today?

Two things to do when tomorrow's potential burdens start creeping into today:

- 1) Evaluate your own prophetic record
- 2) Practice “mindful-of-Jesus-ness”

Look for where God is at work today and join him in it!

# What has God promised for tomorrow?

## 1) You won't have to sin

...God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

1 Corinthians 10:13

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

2 Timothy 3:16-17

# What has God promised for tomorrow?

## 2) He will help you and never leave you

God is our refuge and strength, a very present help in trouble.

Psalm 46:1

And behold, I am with you always, to the end of the age.

Matthew 28:20b

# What has God promised for tomorrow?

## 3) He will work all things for our good

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Romans 8:28



FACING *anxiety* / FINDING *peace*

# What has God promised for eternity?

Blessed be the God and Father of our Lord Jesus Christ!  
According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time.

1 Peter 1:3-5

We have a living hope that's secure.

# What has God promised for eternity?

Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Matthew 6:19-21

Set your heart on a treasure that can't be touched.

# What has God promised for eternity?

Blessed be the God and Father of our Lord Jesus Christ!  
According to his great mercy, he has caused us to be born again  
to a living hope through the resurrection of Jesus Christ from the  
dead, to an inheritance that is imperishable, undefiled,  
and unfading, kept in heaven for you, who by God's power are  
being guarded through faith for a salvation ready to be revealed  
in the last time.

1 Peter 1:3-5

We are being kept for heaven  
by God's power.

# What has God promised for eternity?

“If you’re going to venture into the future, continue far enough out so that the story ends with you welcomed into heaven for an eternity of no more sorrow, tears, and fears.”

Ed Welch, *A Small Book for the Anxious Heart*

...Behold, the dwelling place of God is with man...He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.

Revelation 21:3-4

# What has God promised for eternity?

When God doesn't meet your expectations for this life, ask yourself:

- 1) Are you more attached to what is possible than to what God has promised?
- 2) Are you so committed to getting everything you want in this life, that you're missing out on what God has promised you for eternity?

Expectations → Expectancy

# What has God promised for eternity?



# What has God promised for eternity?

There is peace that outlasts darkness  
Hope that's in the blood  
There's future grace that's mine today  
That Jesus Christ has won  
So I can face tomorrow  
For tomorrow's in Your hands  
All I need You will provide  
Just like You always have



# What has God promised for eternity?

I'm fighting a battle  
You've already won  
No matter what comes my way  
I will overcome  
Don't know what You're doing  
But I know what You've done  
And I'm fighting a battle  
You've already won



# Look in Two Directions: Forward & Back

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.

