

## Consider the Lillies.

And they came to Jesus and saw the demon-possessed man, the one who had had the legion, sitting there, clothed and in his right mind, and they were afraid. And those who had seen it described to them what had happened to the demon-possessed man and to the pigs. And they began to beg Jesus to depart from their region. Mark 5:15-17

- Last week we looked at the reaction from the herdsmen and townspeople after Jesus delivered the man from the legion.
  - They tried to look at what happened based on their interpretation, and this led to their “pushing away” of Jesus.
  - They were left with fear and anxiety. Anxiety is the inevitable worry, fear, and unrest that rises in our minds when we direct our gaze to the problems, pressures, and uncertainties of life rather than to God Himself.
- Today, people are dealing with anxiety like never before.
  - Psychologist Robert Leahy says: “The average high school kid today has the same level of anxiety as the average psychiatric patient in the early 1950’s.”
    - High pace, 7+ hours of screen time a day,
- We can’t just pray that God will take away the worry and anxiety.
  - It’s like weeds in a garden. We can take the weeds out, but they are bound to come back.
  - When the unclean spirit has gone out of a person, it passes through waterless places seeking rest, and finding none it says, ‘I will return to my house from which I came.’ And when it comes, it finds the house swept and put in order. Then it goes and brings seven other spirits more evil than itself, and they enter and dwell there. And the last state of that person is worse than the first.” Luke 11:24-26
  - When we take out something bad, we have to replace it with something good.
- The Bible refers to this process as “Put Off” “Put On”
  - to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. Ephesians 4:22-24
- What is the remedy for anxiety? God has given us solutions to the problem.

- It's not just that we stop having bad thoughts, it's we replace them with what we should be focusing on.
  - Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.  
Philippians 4:8
- Our spiritual lives are a product of our thought lives. Jesus tells the anxious to think!
  - In Luke and Matthew, Jesus is teaching about anxiety, and He tells the audience to "consider" - means to exercise your mind to comprehend.
  - And he said to his disciples, "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! And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest? Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! And do not seek what you are to eat and what you are to drink, nor be worried. For all the nations of the world seek after these things, and your Father knows that you need them. Instead, seek his kingdom, and these things will be added to you. Luke 12:22-31
- 1. Anxiety is useless, senseless, and faithless
  - Jesus said: "And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest?"
- 2. Anxiety seeks to appropriate God's omniscience.
  - If it was revealed to us every step we would take, every event and every result of every choice for the rest of your life, would you be anxious?
    - Without mystery, where could we trust? Faith is trust and the only way we can please the Lord.
- 3. Worry is functional atheism.

- When we seek for the comforts of life around us, instead of the will that God has for us, we are acting like the world (those who do not know Christ)
- Jesus said: “And do not seek what you are to eat and what you are to drink, nor be worried. For all the nations of the world seek after these things, and your Father knows that you need them. Instead, seek his kingdom, and these things will be added to you.”
- Jesus gives us the command not to be anxious about anything.
  - With every command comes the grace to accomplish it. This is not something that we can do without the help and direction of the Lord.
  - God’s grace is with us to consider or think about the character of God. It is in the mind that the battle with anxiety is won.
- We are called to trust God’s power, wisdom, and goodness. If we are little in faith in any of these areas, it will result in worry, fear, and anxiety.
  - This is His character. We are called to trust God for who He is.
- Trust His power-
  - for I am God, and there is no other; I am God, and there is none like me, declaring the end from the beginning and from ancient times things not yet done, Isaiah 46:9-10
- Trust His wisdom-
  - saying, My counsel shall stand, and I will accomplish all my purpose,’ Isaiah 46:10
- Trust His goodness-
  - If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him! **Matthew 7:11**
  - I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living. **Psalms 27:13**