

INTRO: Bombarded everyday with more opportunities, more imagination, more pleasure, more food, more stuff, more people, more places, more entertainment, more shows, more movies, more reels, more news, more sports, more, more, more, more, more, more, more, more, more, more....and on and on and on. **In a Highly commercialized and overstimulating society, you'll never have enough, you'll never do enough and you'll never be enough.**

THESIS: *You have enough. And you are enough. Because God is enough.*

I. Contentment (19-24)

- A. **Gratitude & Joy** - Everything you have is a gift to be enjoyed for God's glory.
- B. **Entitlement & Victimhood** - You're an adopted son or daughter of the King.
- C. **Dissatisfaction** - Never Enough. Not good enough. Always more. Always better.
- D. **Where's your Heart?** Budget? Accounts? Spend Money? **End of Year Summary.**
- E. **Perfectionism** is the enemy of good & excellent.

ILLUSTRATION: **Boy it's cloudy/overcast out here. Walked inside. The lighting is not very good in here.** They forgot they had recently gotten **Transition Glasses**. If your eyes are dark/blurry, if you have double vision, or weak vision, or blurry vision. Or you see darkness, then your whole view on life will be dark. What's your overall view on life?

APPLICATION:

1. **Negative Outlook.** If you go through life noticing the bad in things & people, with a critical spirit toward everything, with a perfectionist attitude, thinking nothing is ever going to good or right, or evil - of course you're going to live in a depressive, dark, gloomy, broody state.
2. **Doesn't sound very Biblical. Total Depravity.** Terrible, horrible wretched sinners, living in a terrible, evil, broken world. *Puritans were people who hated the fact that someone somewhere in the world might be happy. "Glorify God & Enjoy Him Forever!"*
3. **When you view things in light of the Gospel - Changes everything.** *We have a loving God, who made me in His Image, redeems, restores, renews me, adopted me, loves me, blessed me.*

II. Comfort (25-34)

- A. **Stuff/Provisions** - Basic needs. Eat. Drink. Clothes.
- B. **Birds/Flowers/Lilies** - Really look at them. Slow down. Consider them. Stop of smell the roses/flowers. Refocus.
- C. **Seek His Kingdom/Righteousness - Believe the Gospel of Jesus.**
- D. **Live in the Moment. Present day.**

ILLUSTRATION: Bob Newhart. "Fear of being buried alive in a box." Have you ever been? "There was this one time when my parents..." Stop it! **"Stop it or I'll bury you alive in a box!"**
It's not that simple is it?

Anxiety is about feeling out of control because of what is unknown. Controlling the unknown. Anticipation. Worrying about the unknown. And wanting to know the probable outcome and avoid the worst, undesirable before it happens, but it's usually about things or people that are out of your control. Trying to control outcomes by overthinking situations or possibilities - and solving whatever problems you can think of mentally - problem is the possibilities are almost endless so you get stuck in a mental feedback loop.

But there's only One person who is all-knowing and all-powerful, who's fully in control, and instead of trying to be Him, He's inviting you today to trust him.

You being here today is no accident. It’s not happenstance that you showed up this morning. It’s not just by chance that you’re hearing this sermon today.

So what do you pace back and forth about? What presses you to escape into your phone to distract, fantasize, envy, soothe or seethe & brood? What keeps you googling or asking AI for more information just in case you’ve missed something or haven’t thought of all the details? What occupies your head space rent free? What thought squatters are in there? What rumination or catastrophizing? What ways do you self-medicate? Conversations you don’t want to have? People you don’t want to see again? Events you don’t want to attend? A time at the end of the day you don’t want to come? An alarm you don’t want to go off? Results you don’t want to hear? Exams/Tests you don’t want to take or grades you don’t want to get back? Jobs you don’t want to take or start or end?

Anxiety is trendy. Popular. Also heightened. More prevalent. Removed stigma and shame. Good. Confusion about what Jesus means and the clinical symptoms of imbalanced neurological transmission. And the almost badge of honor or mark of pride some ppl wear who claim anxiety. It almost robs those who genuinely struggle with uncontrollable anxiety of their ability to deal with it and talk about it without feeling dismissed or downplayed or lumped into a generic category of the human race.

In the past there was little known about how to brain and body work together physiologically to create pathways of anxiety that overreacts in a state of stress or surprise. Fight, Flight, Freeze or Faint. Amygdala. Overactive or misplaced Smoke Alarm.

Church has said things like: “lack faith”. “Pray more”. “Repent”. There’s some truth to that.

There is an opportunity to be introspective and identify what about me is struggling to believe the good news. We are fallen, imperfect, sick, wounded and sinful, and anxiety will not exist in heaven. However, we’ve learned a lot more about how the brain works and why we respond to certain situations certain ways.

Jesus does say not to be anxious, but maybe part of applying that is going to your doctor, counselor, therapist or psychiatrist to learn more about why you are anxious and find the right medication to help you chemically balance your body so that you can apply what Jesus is teaching here. But self-medication is not the answer. Self-meditation is good, self-medication not.

And that doesn’t change anything about what the Bible teaches, but can actually add clarity to it.

- *Joy exercises*
- *Practice daily gratitude*
- *Grounding your senses*
- *meditation*
- *happy place*
- *renew your mind*
- *set your mind on things above*
- *and yes repent*
- *Put away idols.* Idle time. Redeem the time. False comforts. People pleasing. Self-centeredness.

Look to Jesus. Look at his creation. Feel your senses. Live in the moment. Ground yourself. Meditate. Practice presence. Go to a happy place. Fields of flowers. Birds singing and flying and eating. His eye is in the sparrow.