

# PERSEVERE

Stressed-Out

May 12, 2019

## HAPPY MOTHER'S DAY!

Introduction: Anxiety is often debilitating. It begins with concern, moves to worry, attaches to fear and ultimately becomes terror. As a society, when faced with difficulty, anxious moments or stress, we desire an easy way out. We medicate, we recoil, we avoid and desire a life of no pain. But what if... what if there was a way to face our anxiety head on? Instead of avoiding those anxious moments, what if we lean in to them? Would it make a difference? Absolutely!

Scripture Reading: 1 Peter 5:6-7

<sup>6</sup> **Humble yourselves**, therefore, under the **mighty hand of God** so that at the proper time he may exalt you, <sup>7</sup> **casting all your anxieties on him**, because he cares for you (1 Peter 5:6–7).

### I. Anxiety & Stress

<sup>16</sup> *The Spirit himself bears witness with our spirit that **we are children of God**, <sup>17</sup> **and if children, then heirs**—heirs of God and fellow heirs with Christ, **provided we suffer with him** in order that we may also **be glorified with him**. <sup>18</sup> *For I consider that **the sufferings of this present time** are not worth comparing with **the glory that is to be revealed to us*** (Romans 8:16–18).*

Principle: There is greatness beyond the pain.

### II. Leaning In

#### A. To Grow in Life Be Willing to Suffer.

<sup>2</sup> **Count it all joy**, my brothers, **when you meet trials of various kinds**, <sup>3</sup> **for you know that the testing of your faith produces steadfastness**. <sup>4</sup> **And let steadfastness have its full effect, that you may be perfect and complete**, lacking in nothing (James 1:2–4).

#### B. Jesus Bids Us to Come and Die.

*And he said to all, "If anyone would come after me, let him **deny himself and take up his cross daily and follow me*** (Luke 9:23).

#### C. Special Note to Parents

### III. A Path to Lasting Protection

#### A. Mental Toughness

<sup>8</sup> 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).

<sup>4</sup> For **the weapons of our warfare are not of the flesh** but have divine power to destroy strongholds. <sup>5</sup> **We destroy arguments** and every **lofty opinion** raised against the knowledge of God, and **take every thought captive to obey Christ** (2 Corinthians 10:4–5).

B. Self-Disciple

**Fight the good fight of the faith.** Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses (1 Timothy 6:12).

C. Practice

What you **have learned** and **received** and **heard** and **seen in me**—**practice these things**, and the **God of peace will be with you** (Philippians 4:9).

D. Endurance

<sup>1</sup> Therefore, since we are surrounded by so great a cloud of witnesses, **let us also lay aside every weight**, and sin which clings so closely, and **let us run with endurance** the race that is set before us, <sup>2</sup> **looking to Jesus**, the founder and perfecter of our faith, who for the joy that was set before him **endured the cross**, despising the shame, and is seated at the right hand of the throne of God (Hebrews 12:1–2).

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### I. Anxiety & Stress (*Romans 8:16–18*)

Principle: There is \_\_\_\_\_ beyond the \_\_\_\_\_.

### II. Leaning In

A. To Grow in \_\_\_\_\_ Be Willing to \_\_\_\_\_. (*James 1:2–4*)

B. Jesus Bids Us to \_\_\_\_\_ and \_\_\_\_\_. (*Luke 9:23*)

C. Special Note to Parents

### III. A Path to Lasting Protection

A. Mental \_\_\_\_\_ (*Philippians 4:8*) (*2 Corinthians 10:4–5*)

B. \_\_\_\_\_ (*1 Timothy 6:12*)

C. \_\_\_\_\_ (*Philippians 4:9*)

D. \_\_\_\_\_ (*Hebrews 12:1–2*)