

Emotions

Getting a Grip on Your Heart & Mind

desert breeze
community church



Saturday & Sunday, July 28/29, 2018 Phil Livingston

“The One Vs. The Many” Psalm 27

Anxiety is an inescapable reality in our lives. It keeps us from where we should be and takes us where we shouldn't be. We are anxious about many things, and there are many things we can do to battle anxiety's symptoms; however, until we address the question at the heart of our anxiety, we will be unable to accept the answer to it.

Psalm 27

What does anxiety do to us?

1. It can paralyze us or push us. (Nm 13:25-33, Gen 16:1-6)
2. It deepens fear and heightens anger. (Jonah 4:1-4)
3. It smothers love while feeding on self-absorption (Gen 27:5-17)

Why are we anxious?

1. Why we think we're anxious
 - a. Physical Danger (v2)
 - b. Social Pressure (v12)
 - c. Relational Problems (v10)
 - d. Humiliation (v12)
2. Why we're really anxious
 - a. Does God know my problems?
 - b. Can God help me?
 - c. Does God want to help me?
3. The question at the heart of our anxiety- Can I Trust God?

How do we overcome anxiety?

1. Seek the “one thing” (Luke 10:42. Psalm 27:4)
 - a. To gaze upon the beauty of the Lord
 - b. To inquire in his Temple (presence)
2. Cast your anxieties on Him
 - a. Perceive (vv1,5,13)
 - b. Praise (vv2,3,6)
 - c. Petition (vv4,11,12)
 - d. Pause (v14)

When we ask who is really in control and allow ourselves to become captivated by God, we will become free to cast our anxieties on Him, wait on Him, be confident in Him, make melody to him, and in all things glorify him because He is beautiful, gracious, strong, and faithful; He is our light, our salvation, our stronghold, our shelter, our confidence, our song, our family; and he will take us in, conceal us, lift us, answer us, and teach us His way.

Growing Notes:

1. What is the question at the heart of your anxiety? What is the answer to that question? How do you know?
2. Think of a time you struggled with anxiety that was rooted in pride. How might the connection between 1 Peter 5:6 and 5:7 have transformed the way you dealt with that situation?
3. Has there been a time in your life when like Martha and the disciples you asked, “Lord, don't you care?” How might you answer that question in light of Psalm 27:5,6,10,13?
4. God's primary desire for you is not safety and social standing; it is for you to know and enjoy Him. How can the desire for safety and social standing get in the way of a relationship with Him? How might this knowledge change what you ask for and expect out of life?