**Perception Performance 7: Stress Fear Anxiety Worry**  ©2018 WF Cobb Truthbase.net ***DailyTruthbase.Blogspot.com***

**I. Stress (emphasized) Fear (real) Anxiety/Worry (imagined) rob us of HS peace, joy, fruitfulness, reward and presence of God**

Anxiety occurs from incorrectly interpreting a “negative” stimulus, thru a temporal filter. See Antidote to Anxiety sermon on Truthbase.net

## A. We Care about the Temporal (Power-security/significance; Pleasure-comfort; and Possessions) missing out on the Eternal

Mt 6:24 No one can serve two masters 25 Therefore do not worry about your life...30 O you of little faith? 32 after all these things the Gentiles seek. Your heavenly Father knows that you need all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble

## B. God Cares about our:” the above” plus Relationships, Peace, Purpose, Holiness, Service, Glory, Afflictions, Betrayal, Injustices

Mr 4:38 don't you care that we perish? Lk 10:4 don't you care that my sister has left me to serve alone? *= Doubting God's goodness and love*
Php 4:6 Be anxious for nothing, but in everything by prayer and supplication, w/ thanksgiving, let your requests be made known to God 7 and the peace of God,... will guard your hearts and minds through Christ Jesus.9...and the God of peace will be with you *= Doubting God's power presence*

## C. We Humble ourselves by keeping our hands off the things placed in His hands and He Exalts us

Acknowledging Lordship and Expressing our daily (and momentary) dependence and obedience (His will-not ours) Pr 3:5 Trust in the LORD with all your heart, rely not on your own understanding; 6 In all your ways acknowledge Him, and He shall direct your paths.

**II. We're Scared Sheep when we stray** *(don't follow close behind)* **from the Shepherd**  *Ps 23 Lord is my Shepherd...I will fear no evil*

Mt 9:36 compassion...distressed/troubled and downcast/helpless, like sheep without a shepherd. 38 laborers. Mk 6:34 teach

Isa 53:6 All we like sheep have gone astray; We have turned, every one, to his own way; and the LORD has laid on Him the iniquity of us all.

1Pt 2:25 you were like sheep going astray, but have now returned to the Shepherd and Overseer of your souls *(mind/will/emotions)*

God made us as sheep not serpents/wolves. He sovereignly allows stressors in our lives (Red Sea) to motivate us to dependently call out to Him, and seek to know Him more than the solutions to our problems (Mary at Tomb), so He is revealed and glorified an we're blessed.

Jn 14:6 the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. 27 Peace I leave with you, My peace I give to you; not as the world gives do I give to you. **Le**t not your heart be troubled *(set in motion, agitate, make anxious, perplex by suggesting scruples or doubts),* neither let it be afraid.

Lk 24:38 He said to them, "Why are you troubled? And why do doubts/hesitations *(dialogue? what is true)* arise*/(step up)* in your hearts?

**III. My Sovereign Shepherd loves me, gave Himself for me, and owns me, and takes perfect care of His precious possessions**.

Ps 46:1 God is our refuge and strength, a very present help in trouble. 2 Therefore we will not fear...3 waters roar and be troubled

6 The nations raged, the kingdoms were moved; He uttered His voice, the earth melted. 7 The LORD of hosts is with us; The God of Jacob is our refuge. **Selah.** 10 Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!

Rom 8:28 we know all things work together for good to those who (loyally) love God...31 If God is for us, who can be against us?

1Cor 6:19 you are not your own 20 you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

**IV. Following my Shepherd requires focusing on the Shepherd, faithful submission and daily self-denying obedience**

Jn 10:27 My sheep hear My voice, and I know them, and they follow Me.

1Pt 5:5 all of you be submissive to one another, and be clothed with humility, for "God resists the proud, but gives grace to the humble." 6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,

7 **casting all your care upon Him, for He cares for you**. 8 Be sound-minded be vigilant/on guard; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. 9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. 10 But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.

**Commitment** Lk 9:23 If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.

**Contentment** Heb 13:5 Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you." 6 So we may boldly say: " The LORD is my helper; I will not fear. What can man do to me?"

**Confidence** Ps 31:14 But as for me, I trust in You, O LORD; I say, "You are my God." 15 My times are in Your hand; Deliver me from the hand of my enemies, and from those who persecute me.

**Questions for Reflection/Discussion/Response:**

1. What causes stress, anxiety, worry and fear in our lives? Are they self-inflicted? Can you trace the source of your valuation of the stimulus?

2. If God seems far away, who moved? What makes us stray/wander/rebel or refuse to put Christ first and submit to His Lordship?

3. Why do we tend to focus on the imagined consequences rather than the immediate solution (the Lord and His purposes and power)?

4. What makes following and submitting to God's perfect plan difficult? \Are we actually dumber than sheep, or are sinister forces afoot?

5. Besides breathing deeply and meditating, what can/do you do when the temptation to distrust and be anxious arises?