

Certainty... in a world of doubt

The Gospel of Luke

desert breeze
community church



Saturday & Sunday, July 1 & 2, 2017 Ray Davis

“Anxiety” Luke 10:38-11:13

Does your life portray the love, joy and peace that you proclaim anyone can experience through the Gospel? There are plenty of good reasons in our modern world to be anxious, but as a Christian you have even better reasons not to be anxious.

The CAUSE of Anxiety: (Luke 10:38-42)

- 1) Doubting that God cares. vv40b-41; Ps8; 1Pet5:7
- 2) Internal restlessness. v41 Anxious = torn into pieces & pulled in many directions. Troubled = tossed along like a capsized boat which is being pushed along in a stream instead of being able to power itself. Phil4:6-8
- 3) Irritability with others. V40c; James4:1-4

The CURE to Anxiety: (Luke 11:1-4)

Jesus' teaching on prayer is a response to Martha's stress. Learning to sit at Jesus' feet is the cure.

- 1) Peace is not the absence of problems but practicing the presence of Christ. Vv1-2; Phil4:11-13, 19
- 2) This is about always being with Jesus, so that we can continually learn from Jesus how to be fully like Him in every circumstance of life. Vv3-4; John15:1-17
- 3) The more you live in the reality that your salvation is by Grace, not your works, the more you'll have an inner peace and grateful joy that empowers the greatest works. Rom1:7, 5:1

The CONFIDENCE in Overcoming Anxiety: (Luke 11:5-13)

- 1) Settle your family status that you're a child of God! Vv11-12; Eph2:8-9
- 2) Rejoice in your unlimited access to your Abba Father's undivided attention, unconditional affection, and unhindered action. Vv8-10

- 3) Pray for increased spiritual reality of God's presence. V13; Eph1:16-20; 2Kings6:16-17
- 4) Let life's disappointments drive your heart deeper into God's love. V41
- 5) Schedule a daily appointment with God for disciplined attention and affection. vv40, 42; Ps27:4

Because Jesus prayed, “My God, My God, why have you forsaken me?” we can cry with confidence, “Abba, Father” (“My Daddy”)!

Growing Notes

- 1) There are plenty of good reasons in our modern world to be anxious, but as a Christian you have even better reasons not to be anxious. Explain. What are the signs in your life that your anxiety level is getting too high? What are some things that you do to keep yourself emotionally healthy?
- 2) Read Luke 10:38-11:13. What stands out to you from this text? Review the three points under The Cause of Anxiety. Why would doubting that God cares for us create inner turmoil leading us to irritability with others (1Pet5:7; Phil4:6-8; James 4:1-4)?
- 3) Jesus' teaching on prayer (Luke 11:1-13) is a response to Martha's stress (Luke 10:38-42). Learning “to sit at Jesus' feet” is the cure to our anxiety. Explain. Review the three points under The Cure to Anxiety. How do these points not only explain what it means to “sit at Jesus' feet” but help to cure our anxiety?
- 4) Spiritual growth is about increasing your capacity to experience the presence of God. Review the five points under The Confidence in Overcoming Anxiety. Which one(s) are most helpful in increasing your capacity for experiencing God's presence? What is God speaking to you through this study? What are your next steps in keeping yourself emotionally healthy? Pray.