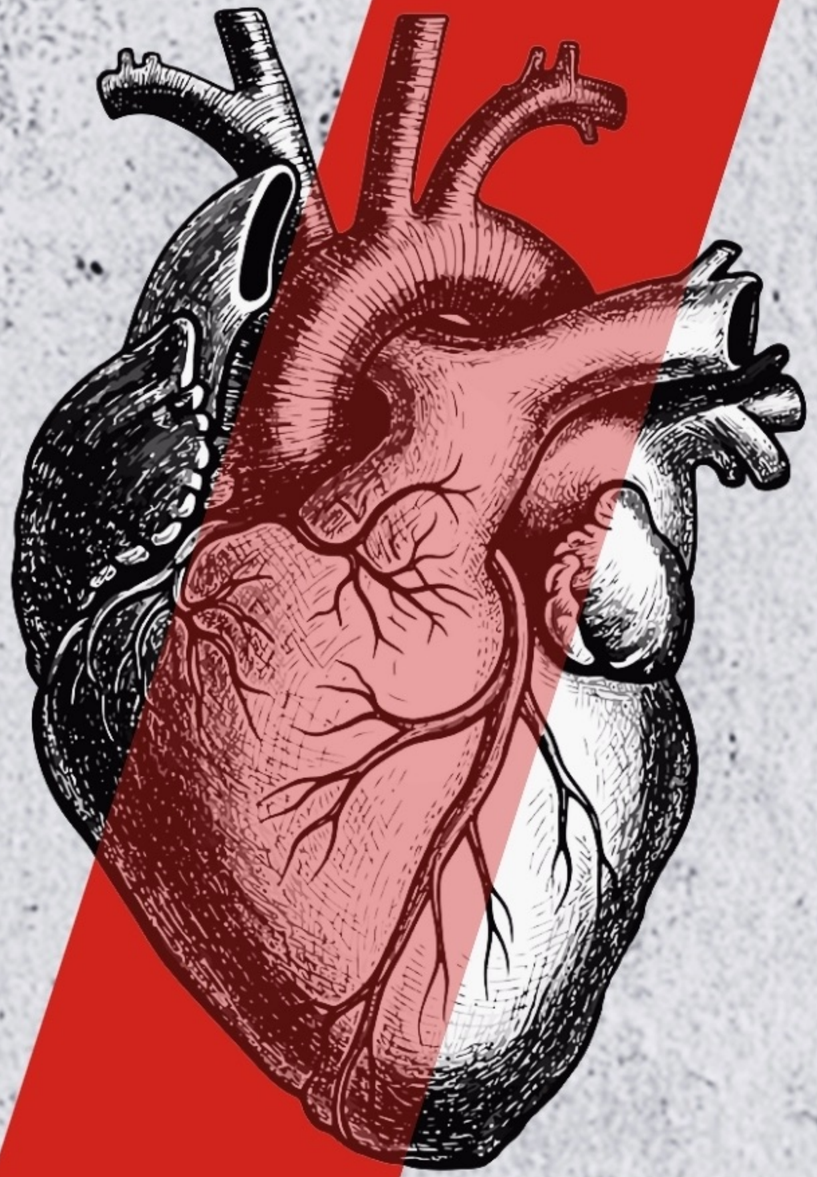


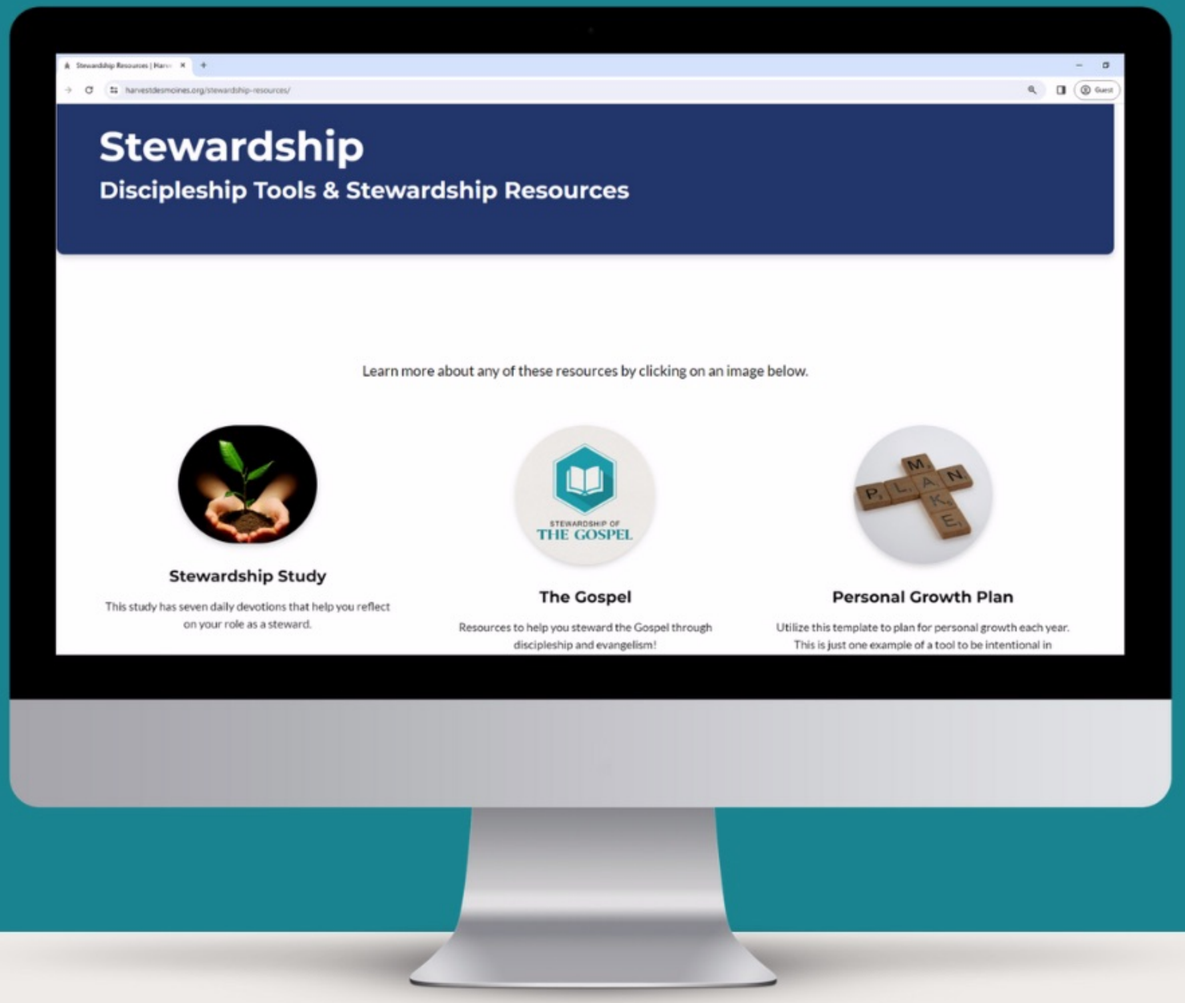
# WHAT RULES YOU?

STEWARDING THE HEART

# Four Stewardship Principles

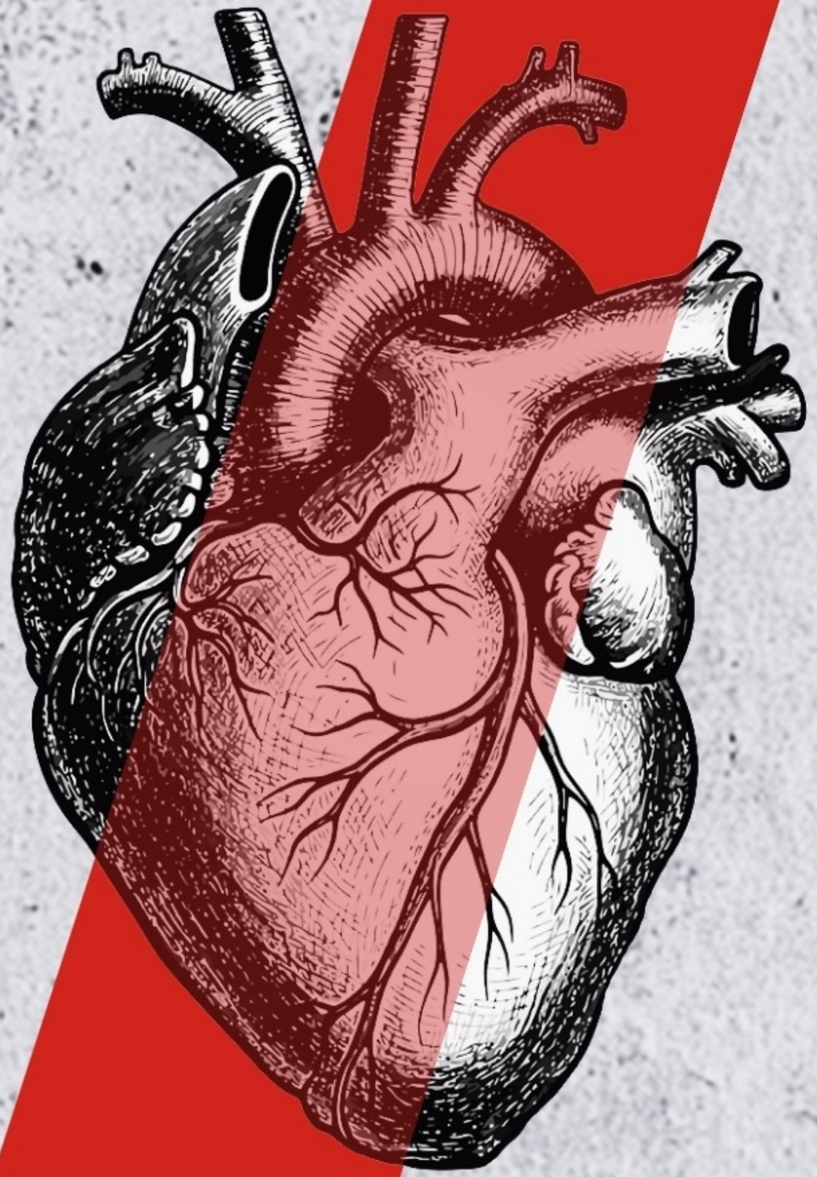
- God owns everything, I own nothing
- God entrusts me with everything I have
- I can either be a wise or poor steward of what God has entrusted to me; He wants me to be a wise steward
- God can call me to give an account at any time and it could be today

# New Stewardship Month Resource Page!




**Find a great book, devotional, podcast, online class, plan, template, or sermon today!**

**harvestdesmoines.org/stewardship-resources/**



# WHAT RULES YOU?

STEWARDING THE HEART

# 1. Your heart drives your life

WHAT RULES YOU?

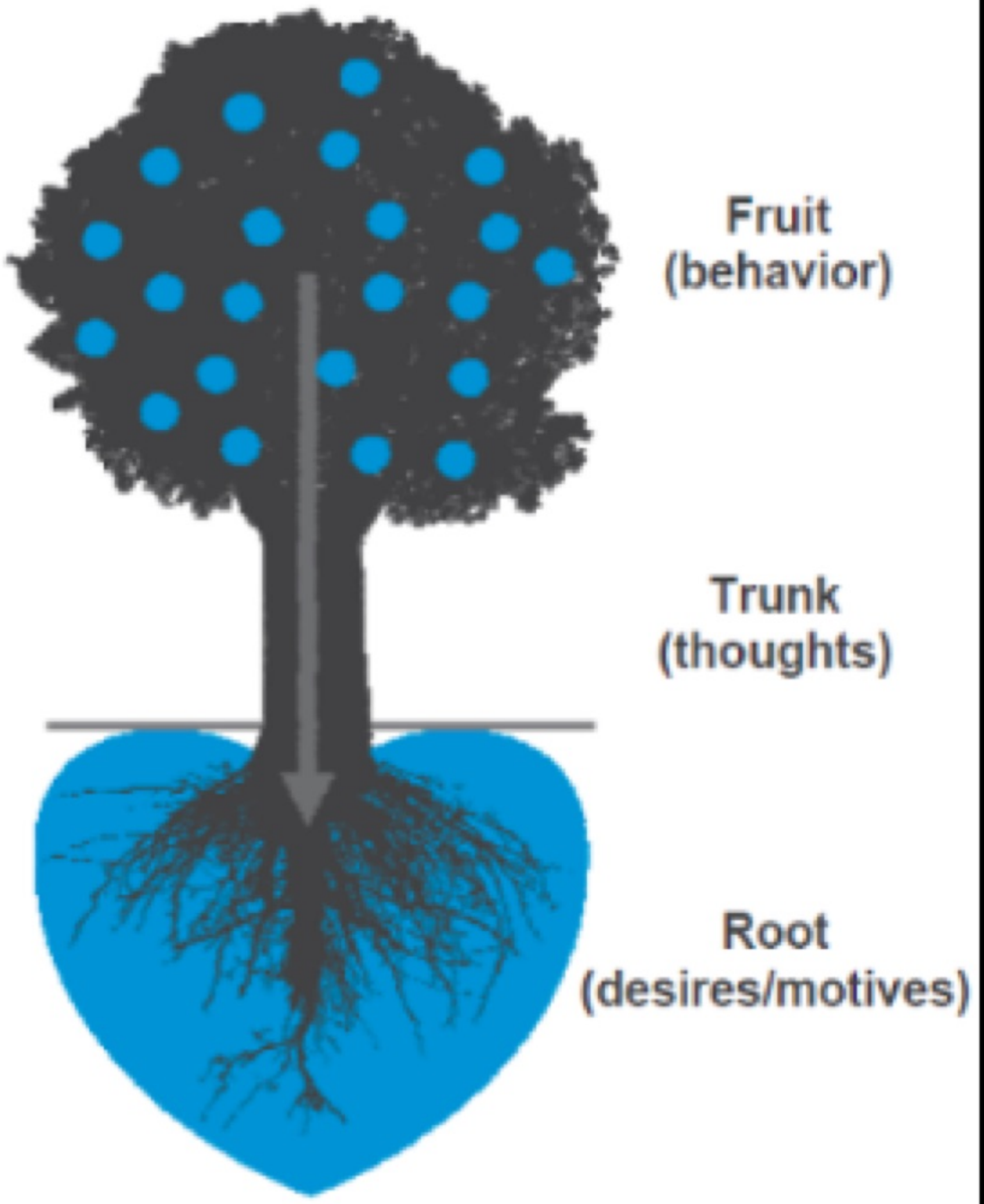
STEWARDING THE HEART

**Luke 6:43-45**

"For no good tree bears bad fruit, nor again does a bad tree bear good fruit, for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

WHAT RULES YOU?

STEWARDING THE HEART


Fruit
(behavior)
Trunk
(thoughts)
Root
(desires/motives)

1. Your heart drives your life
2. Your heart has gone haywire
3. God has made a way for heart change
4. You must keep your heart

WHAT RULES YOU?

STEWARDING THE HEART

**Proverbs 4:23**

Keep your heart with all vigilance,
for from it flow the springs of life.

WHAT RULES YOU?

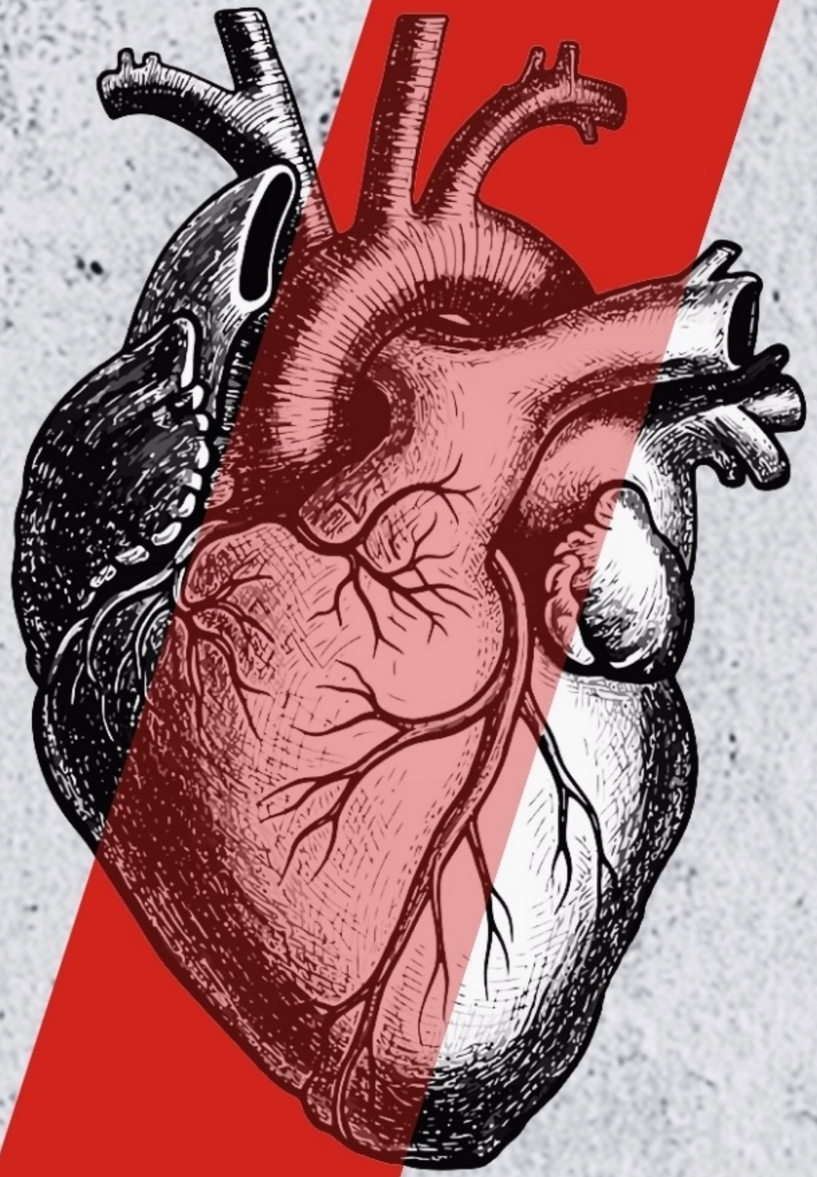
STEWARDING THE HEART

# Daily Evaluation of My Heart's Desires:

- What am I wanting?
- How is this driving my emotions/thinking/speech/actions?
- What does God say about it?
- What needs to change to please Christ?
- Cry out to God for help in changing!
  - Ex) Ps. 19:12-14, 51:10, 86:11-13

WHAT RULES YOU?

STEWARDING THE HEART



# WHAT RULES YOU?

STEWARDING THE HEART

# Philippians 4:1-13

WHAT RULES YOU?

STEWARDING THE HEART

**Philippians 3:20-21**

But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.

WHAT RULES YOU?

STEWARDING THE HEART

*What does God say about anxiety?*

WHAT RULES YOU?

STEWARDING THE HEART

# 1. Anxiety is a real struggle for humanity

WHAT RULES YOU?

STEWARDING THE HEART

1. **Anxiety is a real <u>struggle</u> for <u>humanity</u>**

**<u>anxiety</u> - a fearful response stemming from disordered desires that expresses a functional distrust in God's care, sovereignty, or sufficiency**

WHAT RULES YOU?

STEWARDING THE HEART

**Psalm 56:1-4**

Be gracious to me, O God, for man tramples on me;
all day long an attacker oppresses me;
my enemies trample on me all day long,
for many attack me proudly.
When I am afraid,
I put my trust in you.
In God, whose word I praise,
in God I trust; I shall not be afraid.
What can flesh do to me?

WHAT RULES YOU?
STEWARDING THE HEART

**Matthew 6:25**

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?

WHAT RULES YOU?

STEWARDING THE HEART

1. **Anxiety is a real <u>struggle</u> for <u>humanity</u>**

**<u>anxiety</u> - a fearful response stemming from disordered desires that expresses a functional distrust in God's care, sovereignty, or sufficiency**

WHAT RULES YOU?

STEWARDING THE HEART

1. Anxiety is a real struggle for humanity
2. Anxiety is a response of the heart, not an inescapable condition

WHAT RULES YOU?

STEWARDING THE HEART

**Philippians 1:12-18**

I want you to know, brothers, that what has happened to me has really served to advance the gospel, so that it has become known throughout the whole imperial guard and to all the rest that my imprisonment is for Christ. And most of the brothers, having become confident in the Lord by my imprisonment, are much more bold to speak the word without fear.

WHAT RULES YOU?

STEWARDING THE HEART

Some indeed preach Christ from envy and rivalry, but others from good will. The latter do it out of love, knowing that I am put here for the defense of the gospel. The former proclaim Christ out of selfish ambition, not sincerely but thinking to afflict me in my imprisonment. What then? Only that in every way, whether in pretense or in truth, Christ is proclaimed, and in that I rejoice.

**Acts 16:25**

About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them,

WHAT RULES YOU?

STEWARDING THE HEART

# Philippians 4:4-9

WHAT RULES YOU?

STEWARDING THE HEART

**Philippians 4:5**

Let your reasonableness be known to everyone. The Lord is at hand;

WHAT RULES YOU?

STEWARDING THE HEART

# Consider God's character

- He is good (able to be trusted)
- He is merciful/gracious (showing compassion and help in time of need)
- He is all-powerful (able to do what is best)
- He is all-knowing (knows what is best for us)

WHAT RULES YOU?

STEWARDING THE HEART

1. Anxiety is a real struggle for humanity
2. Anxiety is a response of the heart, not an inescapable condition
3. God has made a way for victory over anxiety

WHAT RULES YOU?
STEWARDING THE HEART

**Hebrews 2:14-18**

Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil, and deliver all those who through fear of death were subject to lifelong slavery.

WHAT RULES YOU?

STEWARDING THE HEART

For surely it is not angels that he helps, but he helps the offspring of Abraham. Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people. For because he himself has suffered when tempted, he is able to help those who are being tempted.

WHAT RULES YOU?

STEWARDING THE HEART

**1 Peter 5:6-7**

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

WHAT RULES YOU?

STEWARDING THE HEART

*“The presence of peace in our life requires the presence of trust in God, regardless of our circumstances.”*

WHAT RULES YOU?

STEWARDING THE HEART

**Galatians 5:22-24**

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

WHAT RULES YOU?

STEWARDING THE HEART

1. Anxiety is a real struggle for humanity
2. Anxiety is a response of the heart, not an inescapable condition
3. God has made a way for victory over anxiety
4. You must keep your heart by overcoming anxiety biblically

WHAT RULES YOU?

STEWARDING THE HEART

# 4. You must <u>keep</u> your <u>heart</u> by overcoming anxiety biblically

- Recognize that circumstances are not the CAUSE of sinful fear; they are the OCCASION for it.
- Allow occasions of fear to reveal the true nature of your faith.

WHAT RULES YOU?

STEWARDING THE HEART

# Revealing the true nature of your faith

- What you think about God
  - Do I really believe he can be trusted?
  - Do I really believe he loves me?
  - Do I really believe he has a specific plan for me?
  - Do I really believe he is powerful? Sovereign? Good?
  - What does my fear/worry say about my working theology?

WHAT RULES YOU?
STEWARDING THE HEART

# Revealing the true nature of your faith

- What you think about self
  - Am I one of God's forgiven children?
  - Do I believe anything can separate me from his love?
  - Is my life about furthering my plan or his?
  - Am I willing to endure trials if that is the means God uses to conform me to the image of Jesus and bring himself glory?
  - What does my fear/worry say about my view of self?

WHAT RULES YOU?

STEWARDING THE HEART

# Revealing the true nature of your faith

- What you think about others
  - What are you afraid of people doing for/to you?
  - What are you afraid of people not doing for/to you?
  - What does your fear/worry say about your view of others?

WHAT RULES YOU?
STEWARDING THE HEART

## 4. You must keep your heart by overcoming anxiety biblically

- Recognize that circumstances are not the CAUSE of sinful fear; they are the OCCASION for it.
- Allow occasions of fear to reveal the true nature of your faith.
- Realize that overcoming anxiety is an obedience issue.

WHAT RULES YOU?

STEWARDING THE HEART

## Overcoming anxiety is an obedience issue

- Choose to rejoice in the Lord (Phil. 4:4)
- Put off anxiousness by actively bringing everything to the Lord (Phil. 4:5-7)
  - In prayer and supplication with thanksgiving
- Control your thinking (Phil. 4:8)
  - By actively recalling what is true, honorable, just, pure, lovely, praiseworthy, etc.,
- Live the godly way modeled by Paul (Phil. 4:9)
  - He speaks from experience… He is not a mere idealist. (Phil. 4:10-13)

**Psalm 131:1-3**

O LORD, my heart is not lifted up;
my eyes are not raised too high;
I do not occupy myself with things
too great and too marvelous for me.
But I have calmed and quieted my soul,
like a weaned child with its mother;
like a weaned child is my soul within me.

O Israel, hope in the LORD
from this time forth and forevermore.

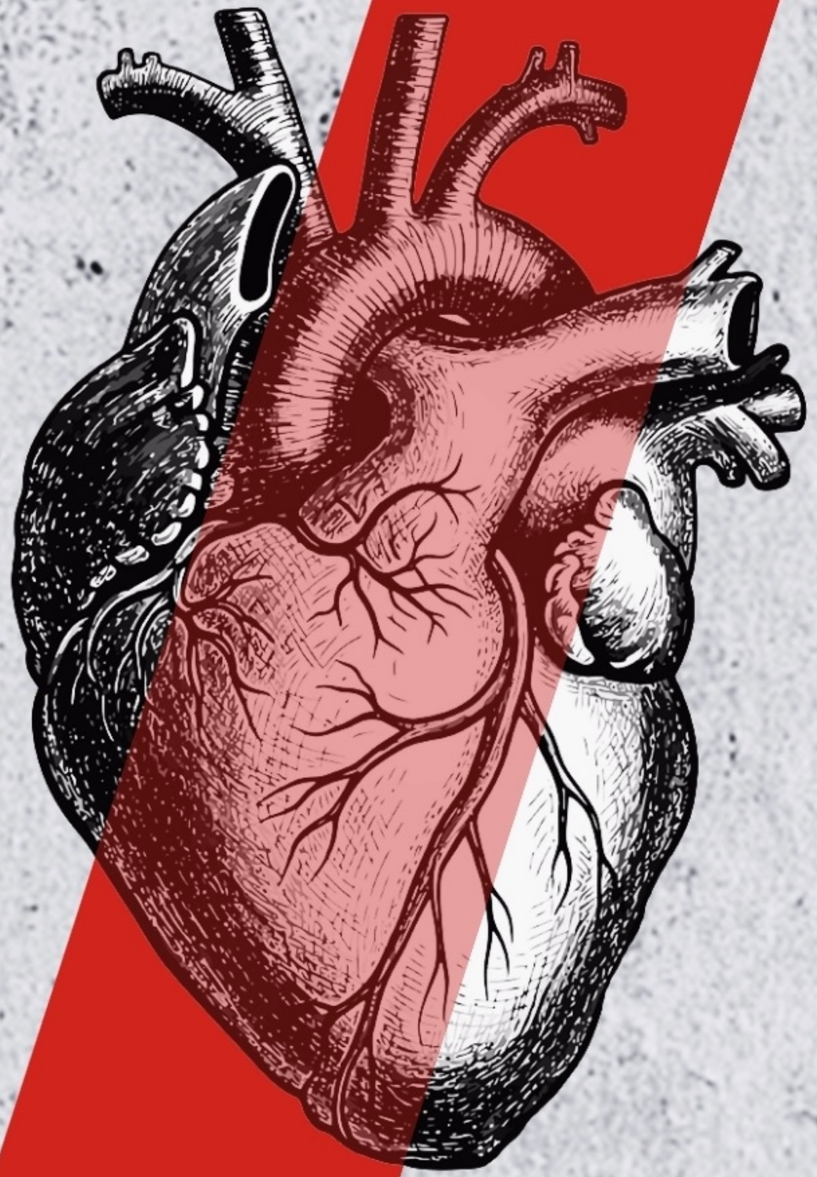
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# Practical Principles for overcoming anxiety biblically

- Analyze your feelings/thoughts/desires/speech/actions in light of God’s Word
- Confess and repent of any/all habits of unbelief and idolatry
- Recognize the necessity of the daily discipline of diving into God's Word
- Cultivate new, well-worn paths in your heart and mind by saturating your life in the Word/Scripture
    - Think on it, meditate on it, rejoice in it (Ex. David in Psalm 131)

# Practical Principles for overcoming anxiety biblically

- Reflect on God's faithfulness in providing for his creation (Mt. 6)
- Rejoice in your identity in Christ (Rom. 8; Eph. 1)
- Learn to draw near to your sympathetic Savior to find grace and help in time of need (Heb. 4:14-16)
- Recognize the wasteful nature of fear/worry (Mt. 6)
- Develop a faithful prayer life that includes thanksgiving
- Focus on fulfilling today's responsibilities in the power of God
- Practice loving God and others rather than focusing on self
- **Buy and read** *Consider the Lilies: Finding Perfect Peace in the Character of God*



# WHAT RULES YOU?

STEWARDING THE HEART