



Sermon Notes

The Way of Agape Part 39 – Resilience, Part 2
September 26, 2021

Resilient: *Able to withstand or recover quickly from difficult conditions.*

A resilient Christian emerges from a trial stronger for it.

What if there is a way to make anxiety work for you, rather than against you?

A resilient Christian is intentional instead of reactionary.

God wants us to return to Him with our full attention so we can mature in His love. He wants us to slow down and be quiet before Him so He can heal us of our woundedness, creating scar tissue that is stronger than the original tissue. And as we become more comfortable in our own skin, God will thicken it so the arrows of the enemy don't stick anymore.

A resilient Christian plans for anxiety.

Psalm 139:23

²³ *Search me, God, and know my heart;
test me and know my anxious thoughts.*

1 Peter 5:7

⁷ *Cast all your anxiety on him because he cares for you.*

Philippians 4:6

⁶ *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

Anxiety is often fear accepted as fact.

When shame joins fear, insecurity and anxiety are the result.

Fear is an emotion, anxiety is a mindset.

It is impossible to stand in faith when we have given in to anxiety.

2 Corinthians 10:4-5

⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

We have the Spirit of Truth in us - yet we believe the Father of Lies.

We need to see anxiety through the eyes of God.



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We must learn to face our emotions, experience them, and let God heal us; no longer ignoring them, numbing them, or drowning them. Then we can allow anxiety to actually work for us and not against us!

Colossians 3:1-2 The Message (MSG)

¹⁻² So if you're serious about living this new resurrection life with Christ, act like it. Pursue the things over which Christ presides. Don't shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ—that's where the action is. See things from his perspective.

Our anxiety can give us clues. Rather than always trying to escape or minimize it, what if we instead stood face to face with it...looked it in the eye.

What if God is less interested in freeing us from anxiety by zapping us, and more interested in empowering us to stop running and look it right in the face.

God cares about our anxiety. But He is more interested in healing us of the inner wounds that the anxiety is indicating!

God, show me the source of my anxiety!

A powerful way to fight anxiety is to lose ourselves in God's love.

Anxiety demands that we focus on the source of our fear.

John 3:6

⁶ Flesh gives birth to flesh, but the Spirit gives birth to spirit.

Anxiety begets anxiety – fear begets fear.

John 15:11

¹¹ I have told you this so that my joy may be in you and that your joy may be complete.

When we find ourselves in God's love, we can do life for the right reasons.

