

September 10th, 2023

Missing Peace: Heal My Anxious Mind

INTRO

My experience college graduation

- Looked back on the whole year and realized I wasn't present at all!
- I was double minded
- The stats on anxiety are huge!
- Define Anxiety: sweaty palms, fight or flight. Your body responding like it's seen a bear
- The point of my anxiety? Less about the content and more about just being anxious .I wasn't able to handle it.

Real Examples of Anxiety

- Recent breakup
- Someone gossiping about you
- You're a parent and you can't sleep

How Do I Replace Anxiety with Peace?

Swap a crummy thing for a great thing

Main Point: Where You Look Makes All the Difference

Turn with me to Matthew 14:22-33

****one slide per verse please****

22 Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd.

23 After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone,

24 and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

25 Shortly before dawn Jesus went out to them, walking on the lake.

26 When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

27 But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.”

28 “Lord, if it’s you,” Peter replied, “tell me to come to you on the water.”

29 “Come,” he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus.

30 But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!”

31 Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?”

32 And when they climbed into the boat, the wind died down.

33 Then those who were in the boat worshiped him, saying, “Truly you are the Son of God.”

How Do I replace my anxiety with peace?

1. Keep My Eyes on Jesus

- In verses 28-29, Peter is all in!
- Think about a tightrope walker-they just focus on that one point



- Matthew 5-7 Sermon on the Mount-Do not be anxious about your life BUT seek His kingdom
- Application: spend time with Jesus!

How else do I replace anxiety with peace?

2. Take My Eyes Off The Things Not Of Jesus

- In verses 30-31, Peter takes his focus off of Jesus and puts it on the wind. Or the affects of the wind.
- Straight jacket
- When we do this, it's like putting ourselves in a straight jacket with no way out. It restricts more and more.

- What we need to do is free ourselves from this. it's Romans 12- being transformed by the renewing of our minds!
- What this is NOT-burying that anxiety and never looking at it.
- Anxiety about your child and how they're doing in school...your spouse and your relationship...your friend who has cancer. You don't just ignore this. But you see it through the lens of Christ
- Illus: Think about night vision goggles. They allow you to see all around you. When you look at a problem, a source of anxiety without Christ-it's like looking around and stumbling around in the dark. It doesn't help.



- But when you put on the night vision goggles-when you see things through Christ's lens-that's when you can see it clearly.

NEXT STEPS

- **Know Jesus**

- If you don't know Him, let today be the day!
- **Seek Jesus**
 - Time with Him regularly
 - What's your side of the mountain
- **Seek Help**
 - Get counseling, take medication/supplements, eat healthy, exercise. Do the things that help set your mind up well.
 - God cares about ALL of you. There's an interconnectedness

Conclusion

You know what I would tell that guy graduating from college now?

- You got this. Not really you. God's got this.
- Seek Jesus; Seek Help
- Jesus controls the wind and the waves-He is bigger than your anxiety!
- And you know what-He won't waste this time
- 1 Peter 5-He cares for you!



Talk It Over

Missing Peace
(Part 2)
Heal My Anxious Mind

SMALL TALK

1. What's your go-to method for relieving stress or taking a break when life gets overwhelming?

VIEWPOINT

2. **Read Philippians 4:6-7.** What insights do you gain from this passage regarding how prayer and thanksgiving can affect our anxiety and bring God's peace into our lives?
3. **Read 1 Peter 5:6-8** How does this verse convey God's caring nature and our role in addressing anxiety? What does it mean to "cast" anxiety onto God, and how can this concept influence our approach to life's challenges?
4. **Read Psalm 34:4** In this passage, what can we learn about seeking the Lord and the result of such seeking in terms of fear and anxiety? How does the idea of being "delivered from fears" resonate with you, and how can it be applied to our faith journey?

GETTING PERSONAL

5. Anxiety often stems from a variety of sources, including relationships, work, and health. Can you share a recent or ongoing situation in your life that has caused anxiety?

MAKING PROGRESS (THIS WEEK)

6. What will keeping your eyes on Jesus look like for you this week?