



MEN'S FORUM

3.11.21

"Anxiety"

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NOTES



SCAN ME

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Anxiety is the official emotion of our age.

1. Examine the Facts

What is anxiety? *a feeling of worry, nervousness, apprehension or unease, typically about an imminent event or something with an uncertain outcome.*

"When Life overwhelms us, anxiety stirs within us."

2. Evaluate the Sources

3. Explore an Example

<sup>1</sup>Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. <sup>2</sup>Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow." <sup>3</sup>Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. <sup>4</sup>But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O LORD, take away my life, for I am no better than my fathers"...

<sup>10</sup>He said, "I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken Your covenant, thrown down Your altars, and killed Your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away."

—1 Kings 19:1-4, 10

Be patient, therefore, brothers, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, being patient about it, until it receives the early and the late rains. —James 5:7

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What are you doing here?

<sup>9</sup>There he came to a cave and lodged in it. And behold, the word of the LORD came to him, and He said to him, "What are you doing here, Elijah?" ...

<sup>13</sup>And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, "What are you doing here, Elijah?"

—1 Kings 19:9, 13

#### 4. Exhortations to Address It

Anxiety in a man's heart weighs him down, but a good word makes him glad. —Proverbs 12:25

- Own your anxiety.

<sup>6</sup>Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you, <sup>7</sup>casting all your anxieties on Him, because He cares for you. <sup>8</sup>Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. <sup>9</sup>Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. <sup>10</sup>And after you have suffered a little while, the God of all grace, who has called you to His eternal glory in Christ, will Himself restore, confirm, strengthen, and establish you. <sup>11</sup>To Him be the dominion forever and ever. Amen. —1 Peter 5:6-11

- God cares about you and doesn't want you to live in fear.

- Saturate your mind with the truth and promises of God.

- Don't neglect the necessity of community.

- When you struggle to see God's rule, remember He overrules!