

Serenity Now





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Anxiety

An emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure.

Anxiety

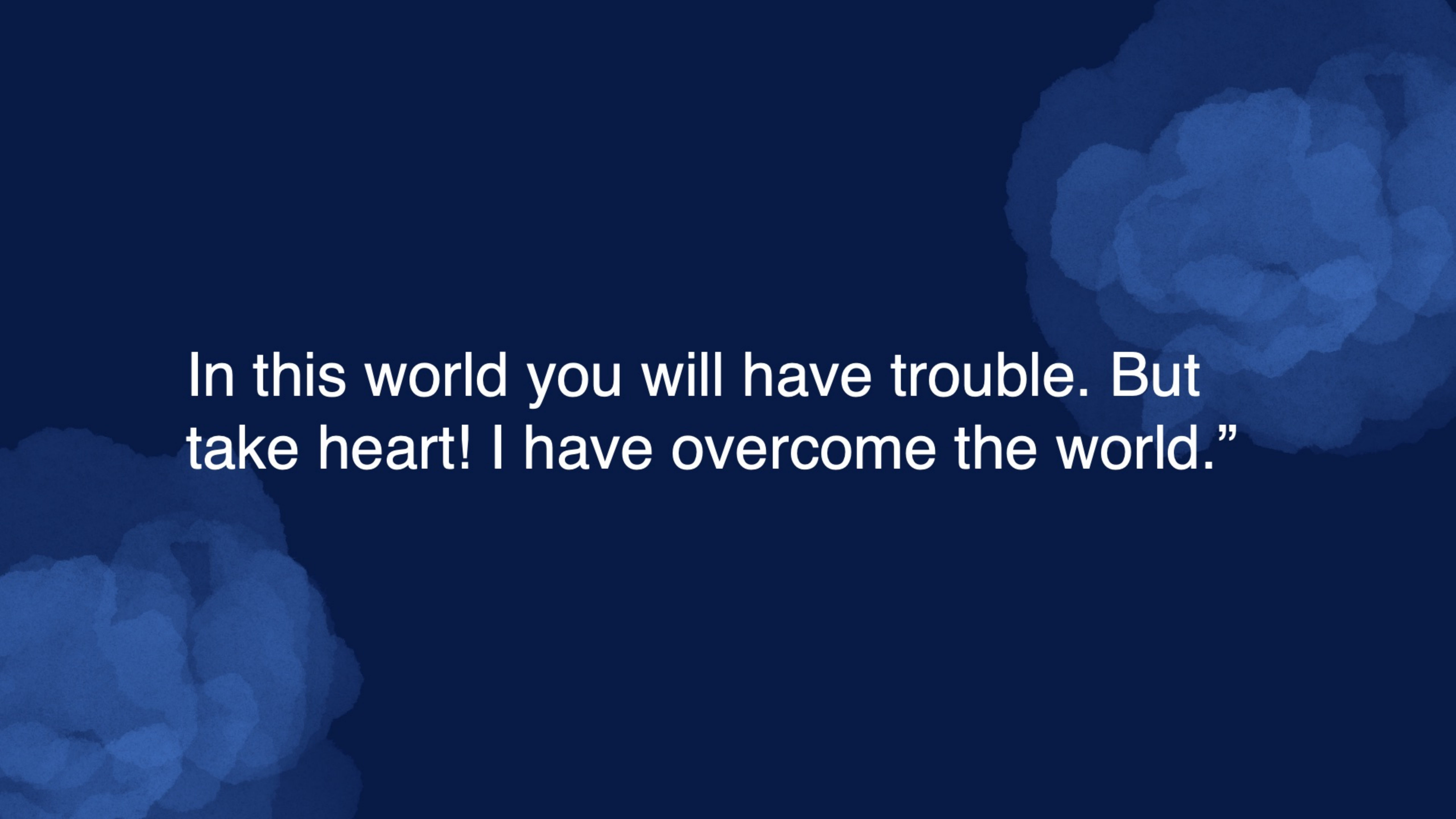
A future-oriented, long-acting response broadly focused on a diffuse threat.

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John 16:33 NIV

³³ “I have told you these things, so that in me you may have peace.



In this world you will have trouble. But
take heart! I have overcome the world.”

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John 6:60-71 The Message

60 Many among his disciples heard this and said, “This is tough teaching, too tough to swallow.”

61-65 Jesus sensed that his disciples were having a hard time with this and said, “Does this rattle you completely? What would happen if you saw the Son of Man ascending to where he came from?”

The Spirit can make life. Sheer muscle and willpower don't make anything happen. Every word I've spoken to you is a Spirit-word, and so it is life-making. But some of you are resisting, refusing to have any part in this."

(Jesus knew from the start that some weren't going to risk themselves with him. He knew also who would betray him.) He went on to say, "This is why I told you earlier that no one is capable of coming to me on his own. You get to me only as a gift from the Father."

66-67 After this, many of his disciples left. They no longer wanted to be associated with him. Then Jesus gave the Twelve their chance: “Do you also want to leave?”

68-69 Peter replied, “Master, to whom would we go? You have the words of real life, eternal life. We’ve already committed ourselves, confident that you are the Holy One of God.”

70-71 Jesus responded, “Haven’t I handpicked you, the Twelve? Still, one of you is a devil!” He was referring to Judas, son of Simon Iscariot. This man —one from the Twelve!—was even then getting ready to betray him.

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Luke 9:51 The Message

⁵¹⁻⁵⁴ When it came close to the time for his Ascension, he gathered up his courage and steeled himself for the journey to Jerusalem.

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So What?

Trusting Jesus does not mean
eliminating anxiety.

So What?

Trusting Jesus means bringing all of ourselves to Jesus – our questions, doubts, and fears.

Now What?

Gather your courage to acknowledge
the anxieties in your life.

Now What?

Hidden wounds cannot be healed.
Unacknowledged anxiety cannot be
remedied.

Now What?

Commit to being mindful of your
anxieties this week.

Where do they come from?

How do I react?

What are the results?

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