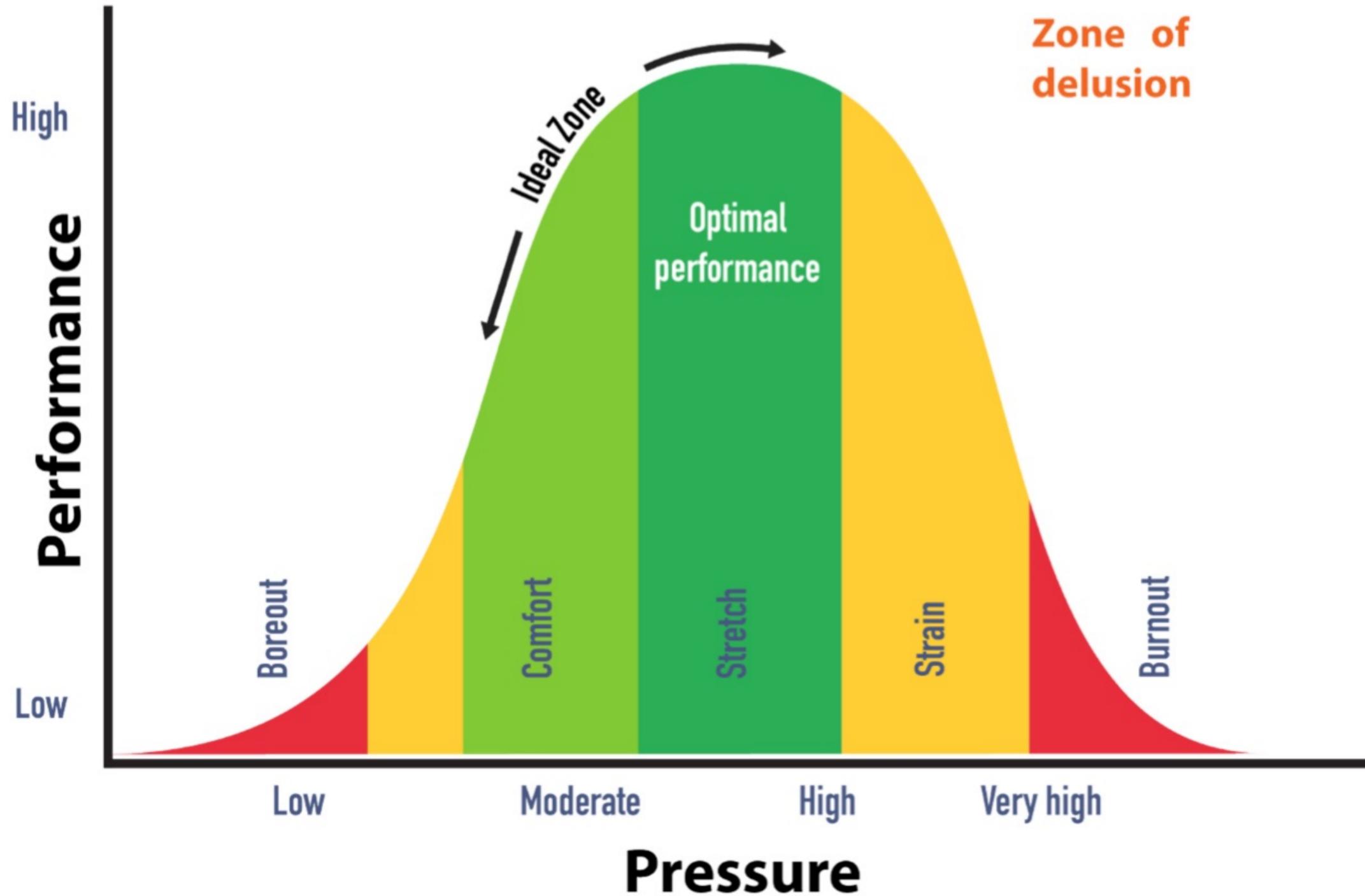


Serenity Now



Yerkes-Dodson Law

Delphis Performance Curve



Serenity Now



Matthew 16:15-18 The Message

¹⁵ He pressed them, “And how about you? Who do you say I am?”

¹⁶ Simon Peter said, “You’re the Christ, the Messiah, the Son of the living God.”

¹⁷⁻¹⁸ Jesus came back, “God bless you, Simon, son of Jonah! You didn’t get that answer out of books or from teachers. My Father in heaven, God himself, let you in on this secret of who I really am. And now I’m going to tell you who you are, *really* are.

You are Peter, a rock. This is the rock on which I will put together my church, a church so expansive with energy that not even the gates of hell will be able to keep it out.

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Matthew 16:21-24 NIV

²¹ From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life.

²² Peter took him aside and began to rebuke him. “Never, Lord!” he said. “This shall never happen to you!”

²³ Jesus turned and said to Peter, “Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.”

²⁴ Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

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Matthew 26:31-33 The Message

³¹⁻³² Then Jesus told them, “Before the night’s over, you’re going to fall to pieces because of what happens to me. There is a Scripture that says, I’ll strike the shepherd; dazed and confused, the sheep will be scattered.

But after I am raised up, I, your Shepherd, will go ahead of you, leading the way to Galilee.”

³³ Peter broke in, “Even if everyone else falls to pieces on account of you, I won’t.”

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John 18:10 The Message

¹⁰ Just then Simon Peter, who was carrying a sword, pulled it from its sheath and struck the Chief Priest's servant, cutting off his right ear. Malchus was the servant's name.

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James 1:19-20 NIV

¹⁹ My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires.

Proverbs 10:19 The Message

¹⁹The more talk, the less truth;
the wise measure their words.

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So What?

Anxiety tempts us to fight/be right.

Now What?

1. Pause
2. Practice kind instead of right.

Now What?

3. Notice your anxiety.
4. Notice your response to anxiety.

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Matthew 16:25 The Message

²⁵ Then Jesus went to work on his disciples. “Anyone who intends to come with me has to let me lead. You’re not in the driver’s seat; / am.

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