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# HOW TO STOP ANXIETY

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Luke 12:22-34

- In this short series we're camping out in Luke 12. In it, Jesus talks a lot about money and possessions.
- In Luke 12:13-21, Jesus warns against **COVETING**...
- "Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions." **Luke 12:15**
- He's warning against the deadly danger of trusting in stuff—he also warns that we have to "take care" & "be on your guard" because we're mostly blind to the fact we're looking to stuff to satisfy. That's for the rich, right?
- He enforces his point by telling a parable about a **RICH FOOL** who trusted in His stuff rather than in Jesus, and he died and left it all behind. And now Jesus turns directly to His disciples (v. 22) and teaches them about money, possessions, and all the fear and anxiety that comes when you're chasing after them.
- But Jesus' Disciples had **LEFT EVERYTHING** to follow Him; they had barely any money, they didn't know where their next meal would come from; they didn't have barns like the Rich Fool in the Parable.
- What does this tell us? No one is exempt from the controlling power of money and possessions. (Rich/Poor)
- Now, in this passage, Jesus' main point is **FEAR/ANXIETY** and how to stop fearing and being anxious. He says, "Do not be anxious" in verse 22, and "Fear not" in verse 32. And he gives us 4 things we need to **KNOW** and two things we need to **DO** to stop anxiety.

## 4 THINGS WE NEED TO KNOW TO STOP ANXIETY

**FIRST, LOOK AT LUKE 12:22-23** 22 And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. 23 For life (*psychē*) is more than food, and the body more than clothing.

- **1. POSSESSIONS CAN'T GIVE YOU LIFE.**
- Most of us have grown up in what is one of the most financially prosperous nations in the world, most of us have never gone without. The government kicks in and helps with food even when we can't afford it! Compared to the majority of the world that lives on less than \$2 per day, a lot of us live like kings. And yet we have higher suicide rates than third world countries, opioid addiction is ever rising, anti-depressants are a multi-billion dollar product.
- Possessions can't give you life—they can't bear the full weight of your soul—and they were never meant to.

**SECOND, LOOK AT VERSES 24, 27-28** 24 Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!...27 Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. 28 But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith!

- **2. YOU ARE MORE VALUABLE THAN BIRDS AND FLOWERS.**

**THIRD, LOOK AT VERSES 25-26** 25 And which of you by being anxious can add a single hour to his span of life? 26 If then you are not able to do as small a thing as that, why are you anxious about the rest?

- **3. YOU ARE NOT GOD.**
- That's what Jesus is getting at when He ask's this rhetorical question in verse 25-26.
- In 1 PETER 5, the apostle connects pride w/ anxiety 6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.
- Get a shovel and dig up all your worry and anxiety. What will you find at the root? Pride. (elevated view)

- The reason we worry is because we think things should go a specific way in our lives or in the world—fear and anxiety comes in when they don't go the way we want, or we think they may not.
- **In the book of Job, chapters 38-40, the LORD responds to Job's questions like this:** 1 "Then the Lord answered Job out of the whirlwind and said: 2 "Who is this that darkens counsel by words without knowledge? 3 Dress for action like a man; I will question you, and you make it known to me. 4 "Where were you when I laid the foundation of the earth? Tell me, if you have understanding. 5 Who determined its measurements—surely you know! 40:1 And the Lord said to Job: 2 "Shall a faultfinder contend with the Almighty? He who argues with God, let him answer it." 3 Then Job answered the Lord and said: 4 "Behold, I am of small account; what shall I answer you? I lay my hand on my mouth. 5 I have spoken once, and I will not answer; twice, but I will proceed no further."
- What we need to know in order to stop anxiety & calm our fears, is *NOT* sovereign knowledge or an extra dose of control in our life. What we need to know first is that *WE ARE NOT QUALIFIED* for the job of God.
- **And that leads us directly to the FOURTH thing we need to KNOW to stop anxiety.**

**LOOK AT VERSES 29-30, 32** 29 And do not seek what you are to eat and what you are to drink, nor be worried. 30 For all the nations of the world seek after these things, and your Father knows that you need them... 32 "Fear not, little flock, for it is your Father's good pleasure to give you the kingdom."

- **4. IN CHRIST, YOU HAVE A LOVING FATHER WHO KNOWS WHAT YOU NEED AND IS HAPPY TO TAKE CARE OF YOU FOR ETERNITY.**
- **If you are in Christ—if your faith is in Jesus and what He has done alone to forgive you and count you righteous before God—you have been adopted into God's family. As Christians, God is our loving Father.**
- **In Matthew 7 Jesus says,** "9 Which one of you, if his son asks him for bread, will give him a stone? 10 Or if he asks for a fish, will give him a serpent? 11 If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!"
- **What does it mean that it's our Father's good pleasure to give us the Kingdom?** It means that He's going to always give you what is *ETERNALLY GOOD FOR YOU, & ETERNALLY GLORIFYING FOR HIM.*
- **Q.** But how? How on earth can rebellious sinners *NOT ONLY* be forgiven by God but even be given the *RIGHTS* to be *ADOPTED* and have God as their loving Father?
- **A. Because on the cross, Jesus forfeited His rights to be treated as a Beloved Son.**
- **Every time Jesus prays while He's on the earth He addresses God as "Father" except one.** On the cross, Jesus cries out "My God! My God! Why have you forsaken me?" Why? Because Jesus was paying for our sin—He was thrown out and rejected like we deserve so that we could be brought in and protected like He deserves.
- Don't you see? On the cross Jesus was **emancipated** & suffered for our sin so we could be adopted and loved.

**Q.** But how does that help us stop being anxious or stop worrying? **A.** Let Paul answer that.

31 What then shall we say to these things? If God is for us, who can be against us? 32 He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? 33 Who shall bring any charge against God's elect? It is God who justifies. 34 Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. 35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? 36 As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." 37 No, in all these things we are more than conquerors through him who loved us. 38 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

## 2 THINGS WE NEED TO DO TO STOP ANXIETY

**LOOK AT VERSE 31:** "Instead, seek his kingdom, and these things will be added to you."

- **1. DO WHATEVER YOU CAN TO SEEK THE KINGDOM OF GOD.**

**SECOND, LOOK AT VERSES 33-34:** 33 Sell your possessions, and give to the needy. Provide yourselves with moneybags that do not grow old, with a treasure in the heavens that does not fail, where no thief approaches and no moth destroys. 34 For where your treasure is, there will your heart be also.

- **2. DO WHATEVER YOU CAN TO HELP THOSE IN NEED.**