

Anxious for Nothing: Session 5

Meditate on These Things

In Luke 10:38-42 Luke reports the time when Jesus was visiting Mary and Martha during dinner. Martha was busy working away while Mary was listening to what Jesus had to say. Martha was getting more and more upset; trying to get all the meal preparations taken care of. Meanwhile Mary seems oblivious to her work. Finally Martha marches into the room where Jesus was teaching. "Lord," she said, "don't you care that my sister has left me to do the work by myself? Tell her to help me!" (verse 40).

- Mary was probably embarrassed and there is a good chance that the disciples were there as well, wondering how Jesus would respond.
- "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her" (verses 41–42).

When it comes to our thoughts, we have a choice. We can focus on the worries of this world. Or we can fix our thoughts on the "only one" that will not be taken from us.

- "Mary has chosen what is better," Jesus said.

Today, our aim is to learn to do the same. Just as Jesus entered into Martha and Mary's living room, he has entered into our hearts. That means no matter where we are or what trials come our way, we can sit in his presence and fix our thoughts on his truth.

We are a long way from that humble village of Bethany... but we are not far from anxiety. In the video segment, Lucado begins by pointing us to a young woman who was facing anxiety because of all the information on her smartphone. Her day was filled with everything that was happening and how everyone else seemed to have a "perfect" life; but it left her growing more anxious every day.

Question: how "connected" are you... and is it a source of anxiety for you?

Let's take about 20 minutes watching the video segment for today. Here are some of my notes or comments that I highlighted from the video.

Video Segment

"We're not good enough, no one will ever love us" Lies from the devil.

Mark 5:24-26 tells the story of a woman who had been rejected, unloved, hopeless. Physically exhausted and socially ostracized. She was broke, physically and financially. Jesus is her last hope.... but in the way are all the "perfect" people in the way.

You get to choose what occupies your mind. You are the flight controller of your mind.

What's important with this woman in Mark 5 is that she refused to believe the enemies lies. What is important is not the "form" of what she did, but the fact that she stepped out.

Galatians 6:7, "a man reaps what he sows".

If you want to be healed of anxiety, *“Fix your thoughts on what is true and honorable, and right, and pure, and lovely and admirable... excellent and worthy of praise”* (Phil 4:8, NLT).

Anxiety is best faced by clear headed logical thinking.

- Anxiety says “I am in trouble... am I being punished.... I must have done something wrong”.
- A better way is to invite Jesus to speak into the problem. “Capture every thought and make it give up and obey Christ” (2 Corinthians 10:5, NCV).

The promises of God are life preservers. Focus on the facts. Pray and Trust.

This is accomplished, not by trying harder, but by hanging tighter.

”We are comfortable in his presence, free to be our authentic selves.”

All of us will battle anxiety from time to time.

“It does you no good to obsess yourself with your trouble. The more you stare at it the more it grows. When you look to God the quicker the problem is reduced to its proper size.”

Worry = divide the mind. Sends you in a dozen directions.

Life still gives lemons... but you don't have to suck on them. You can choose to rejoice in the Lord; you can let your gentleness be evident to all, focus your mind on God's truth - and when you do; the peace of God which transcends all understanding will guard your hearts and mind in Christ Jesus. (Phil :7).

When anxiety knocks at the doors say, “Jesus, would you mind answering that?”

With God's help, you will experience a life that is anxious for nothing.

Discussion

What are your initial thoughts about this presentation? Does anything stand out?

Are you generally an anxious person? What do you think is the root of your anxiety?
Or, to ask it another way, what do you think is the biggest source of anxiety in your life?

Galatians 6:7, “a man reaps what he sows”. Have you ever thought of your mental health as something to invest in? What seeds are you sowing today, for your benefit tomorrow?

How do you respond to this statement and scripture quoted by Lucado: *If you want to be healed of anxiety, “Fix your thoughts on what is true and honorable, and right, and pure, and lovely and admirable... excellent and worthy of praise”* (Phil 4:8, NLT).

Do you believe God is mightier than any problem you possess?

What is one thing you can do (or do differently) that will help you become anxious for nothing?