

Anxiety and Its Antidote

Luke: All Things New



Series Goal

That Mercy Hill Church would be made new as we follow the One who is making all things new!



Sermon Text

Luke 12:13-34



Big Idea

As an antidote to anxiety, Jesus gives us four things to consider, and with each we are meant to draw particular conclusions. As we progress with Him through these things we are moved step by step closer towards the ultimate goal: namely, that we would be freed from excessive concern for the things of this world and finally able to concern ourselves with the things of God.

(1) Anxiety's Cause

(1) Avarice—Anxiety follows on the tail of avarice. Worry inevitably accompanies greed. In other words: though anxiety may, on the surface of it, seem innocent and pitiable, there is something sinister, even sinful, to it. Those given to materialism will find themselves horribly anxious. If you have not, you are anxious to get. If you have, you are anxious to keep. Either way, you are fighting a losing battle against moth, rust, thief, and time, and deep down you know it.

(2) Pride—Anxiety is, in a sense, going dark to God. It's living as if God isn't here—as if what He's said won't come true for you, as if what He's doing won't apply to you. To put it in its most pointed form: Your anxiety says, in essence: "God cannot be trusted to come through here. It's up to me!"

(2) Anxiety's Cure

(1) Consider Life: *It Is More* (v. 23)—Jesus is not saying here that food and clothing are not important. Indeed, He knows they are essential to human life (cf. v. 30). Rather, He is saying that such things are not worthy of our anxiety. Yes we need them to live, but life is about so much more.

(2) Consider Death: *It Is Inevitable* (vv. 25-26)—A brush with death often wakes people up. It reorganizes our priorities. In the shadow of death, strangely, we often see more clearly what life is all about—not stuff, but *God*!

(3) Consider Creation: *God Is Here* (vv. 24, 27-28)—Isn't this just what the anxious person needs?! If anxiety is going dark to God and bending inward with self-concern, yourself getting bigger, God getting smaller and vanishing from view—well, what better thing to do then to go outside and open your eyes? Look away from yourself to what God has made, to what God is doing.

(4) Consider Your Father: *You Are Free* (vv. 29-31)—Why can we finally let go of anxiety and self-concern and instead give ourselves to the things of His kingdom—to love for Him and neighbor? Why do we not need to worry about our own food, and drink, and clothing, and shelter, and so forth? Well, it's because "your Father knows that you need them" (v. 30).

Reflection Questions



- Why do you think anxiety is the most common mental health disorder in America? As we consider our evangelism and efforts to reach the unbelieving, how might such a statistic inform what we do and say? How is the good news of Jesus relevant to this particular struggle?
- Describe the last time you dealt with anxiety in one form or another. How would you describe what was going on in your heart? What would you say was the cause? How did greed and pride factor in? How did you find relief? How would the four considerations that Jesus gives us here speak into the situation and move you towards freedom?
- Explain your understanding of the promise in v. 31. What might this verse look like walking out into your life this week? How does it speak into what you are currently facing? Ask Jesus for help in applying what you've learned!