

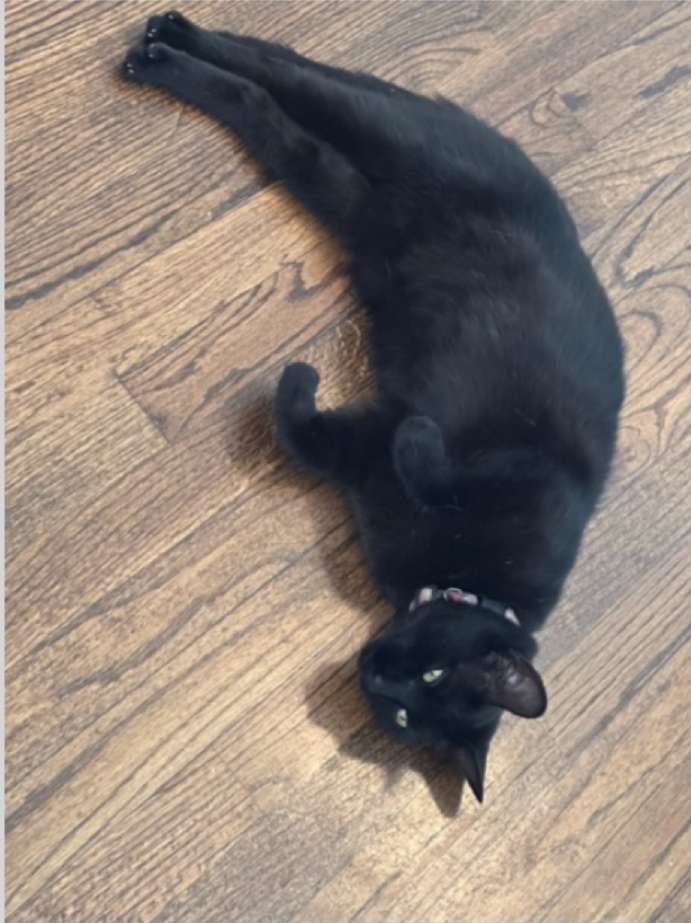


RISING ABOVE **ANXIETY**

“Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds!”

Luke 12:24 (NIV)





“Your Father feeds them”

“And how much more valuable you are than birds!”

Luke 12:24b

- You count far more to him than birds.
(MSG)

- You count far more to him than birds.
(MSG)
- Aren't you far more valuable to him than they? (NLT)

- You count far more to him than birds.
(MSG)
- Aren't you far more valuable to him than they? (NLT)
- Are you not worth much more than they?
(AMP)



“When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, dwelling in tents. Isaac loved Esau because he ate of his game, but Rebekah loved Jacob.”

Genesis 25:27-28

“Jacob said to his father, ‘I am Esau your firstborn. I have done as you told me; now sit up and eat of my game, that your soul may bless me.’”

Genesis 27:19

“As soon as Isaac had finished blessing Jacob, when Jacob had scarcely gone out from the presence of Isaac his father, Esau his brother came in from his hunting.”

Genesis 27:30

“But the words of Esau her older son were told to Rebekah. So she sent and called Jacob ... and said to him, ‘Behold, your brother Esau comforts himself about you by planning to kill you.’”

Genesis 27:42

“At the top of the stairway stood the LORD,
and he said, ‘I am the LORD, the God of your
grandfather Abraham, and the God of your
father, Isaac ...’

“I am with you, and ... One day I will bring you back to this land. I will not leave you until I have finished giving you everything I have promised you.’

“Then Jacob awoke from his sleep and said,
‘Surely the LORD is in this place, and I wasn’t
even aware of it!’

“But he was also afraid and said, ‘What an awesome place this is! It is none other than the house of God, the very gateway to heaven!’”

Genesis 28:10-19

video



“Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care ... So don’t be afraid; you are worth more than many sparrows.”

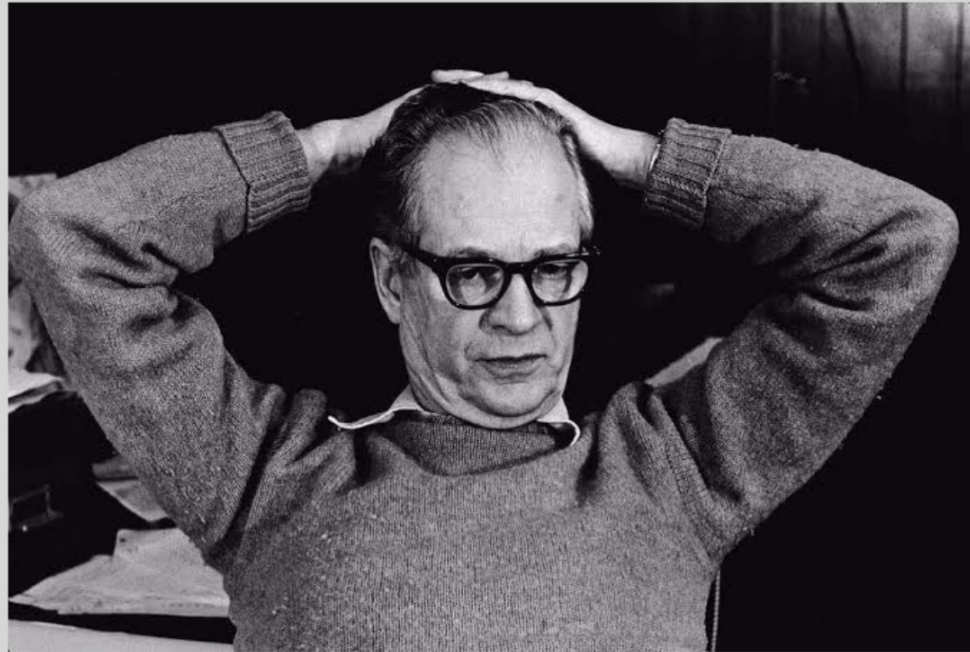
Matthew 10:29-31 (NIV)

“God is love. When we take up permanent residence in a life of love we live in God and God lives in us.

“This way, love has the run of the house becomes at home and mature in us, so that we’re free from worry ... There is no room in love for fear since fear is crippling.”

1 John 4:16-18b (MSG)

1. **Awareness** - Behavior is shaped by what captivates our attention.

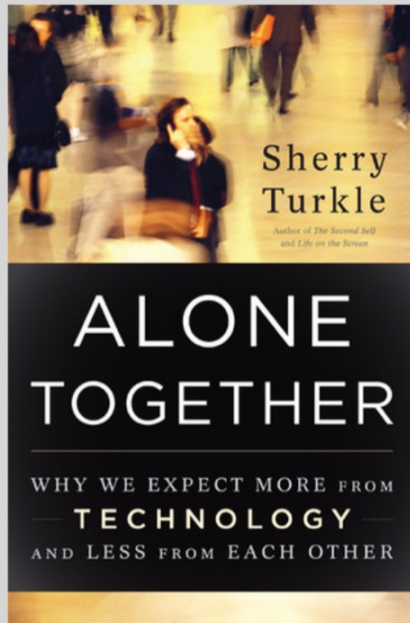


B.F. Skinner

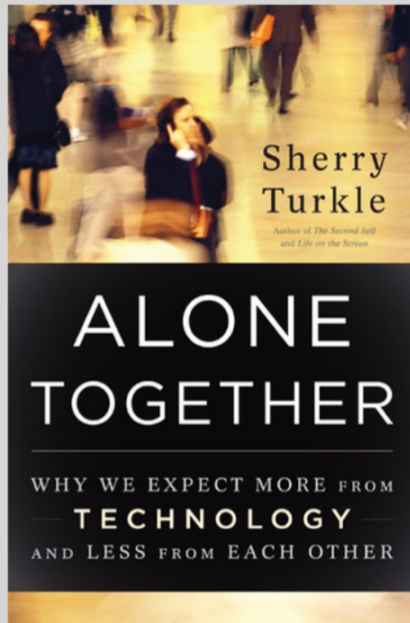
“Corporations are ingenious at exploiting people’s needs without actually meeting them.

“Brand-aware companies ... are marketing much more than products: they sell meaning, identification, and an almost religious sense of belonging through association with their brand.”

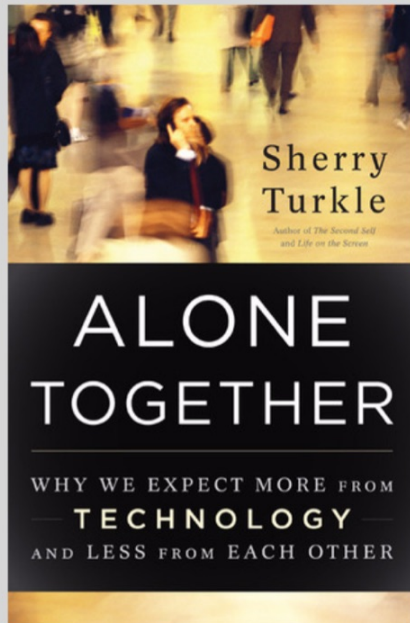
Gabor Maté



“Technology is seductive when what it offers meets our human vulnerabilities. And as it turns out, we are very vulnerable indeed. We are lonely but fearful of intimacy.



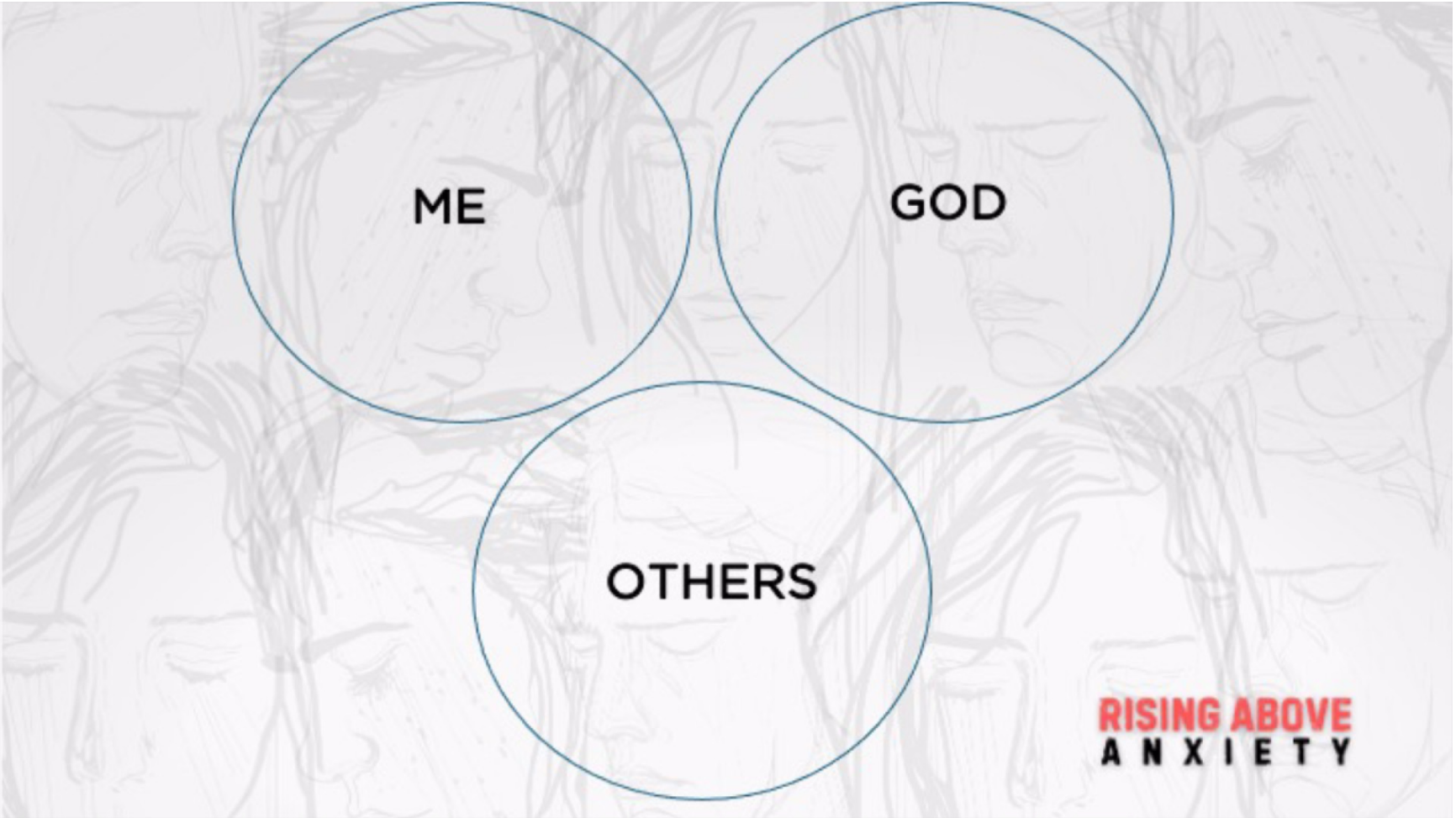
“Digital connections and the sociable robot may offer the illusion of companionship without the demands of friendship.



“Our networked life allows us to hide from each other, even as we are tethered to each other. We’d rather text than talk.”

Sherry Turkle

1. Awareness - Behavior is shaped by what captivates our attention.
2. **Two ways to live** - Connected or disconnected world view?



ME

GOD

OTHERS

RISING ABOVE
ANXIETY



GOD

LIFE

DEATH

SLOW DRIVERS

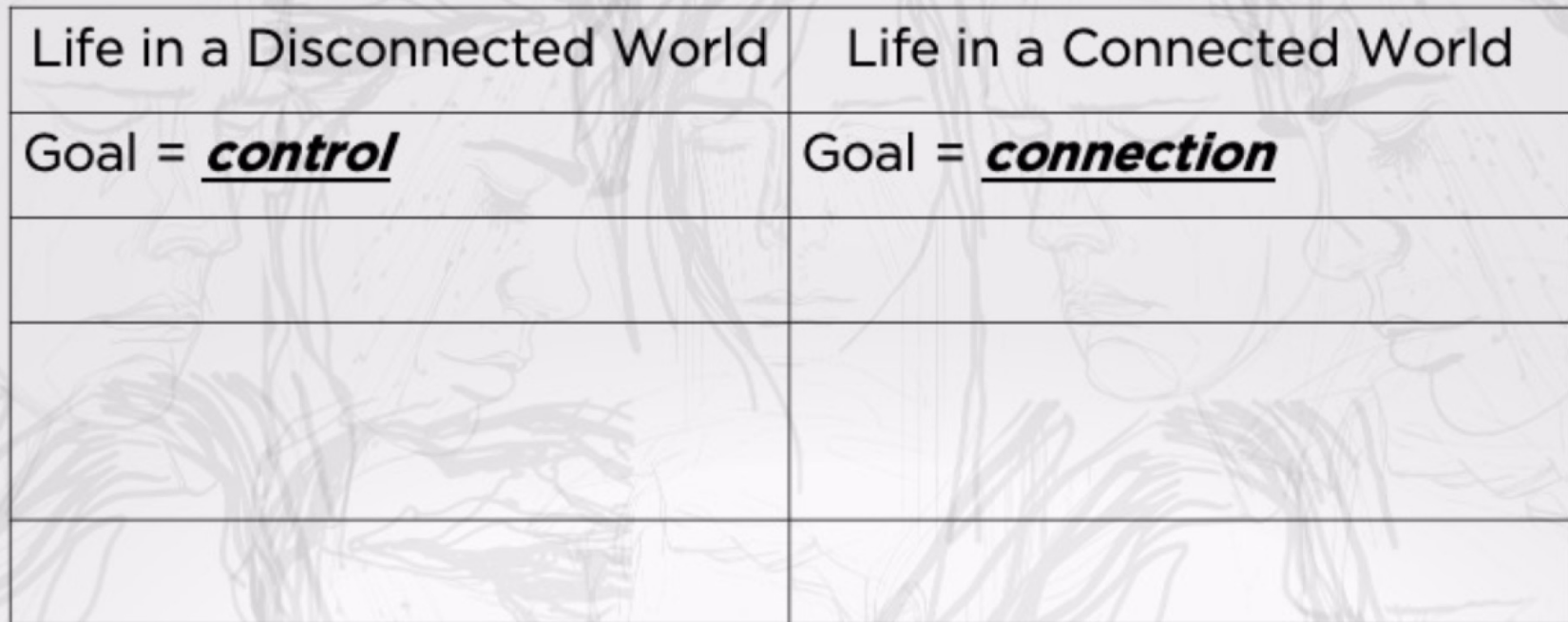
MY KID'S STRUGGLES

MY JERKY BOSS

FOOD

JOYS

RIISING ABOVE
ANXIETY



Life in a Disconnected World	Life in a Connected World
Goal = <u>control</u>	Goal = <u>connection</u>

RISING ABOVE
ANXIETY

Life in a Disconnected World	Life in a Connected World
Goal = <u>control</u>	Goal = <u>connection</u>
We covet <u>certainty</u>	We are fully alive in <u>mystery</u>

RIISING ABOVE
A N X I E T Y

Life in a Disconnected World	Life in a Connected World
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Constant pressure to be <u>perfect</u>	Free to try and fail Failure is <u>learning</u>

RIISING ABOVE
A N X I E T Y

Life in a Disconnected World	Life in a Connected World
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Constant pressure to be <u>perfect</u>	Free to try and fail Failure is <u>learning</u>
We need someone to <u>blame</u>	We have a way to <u>forgive</u>

RIISING ABOVE
A N X I E T Y

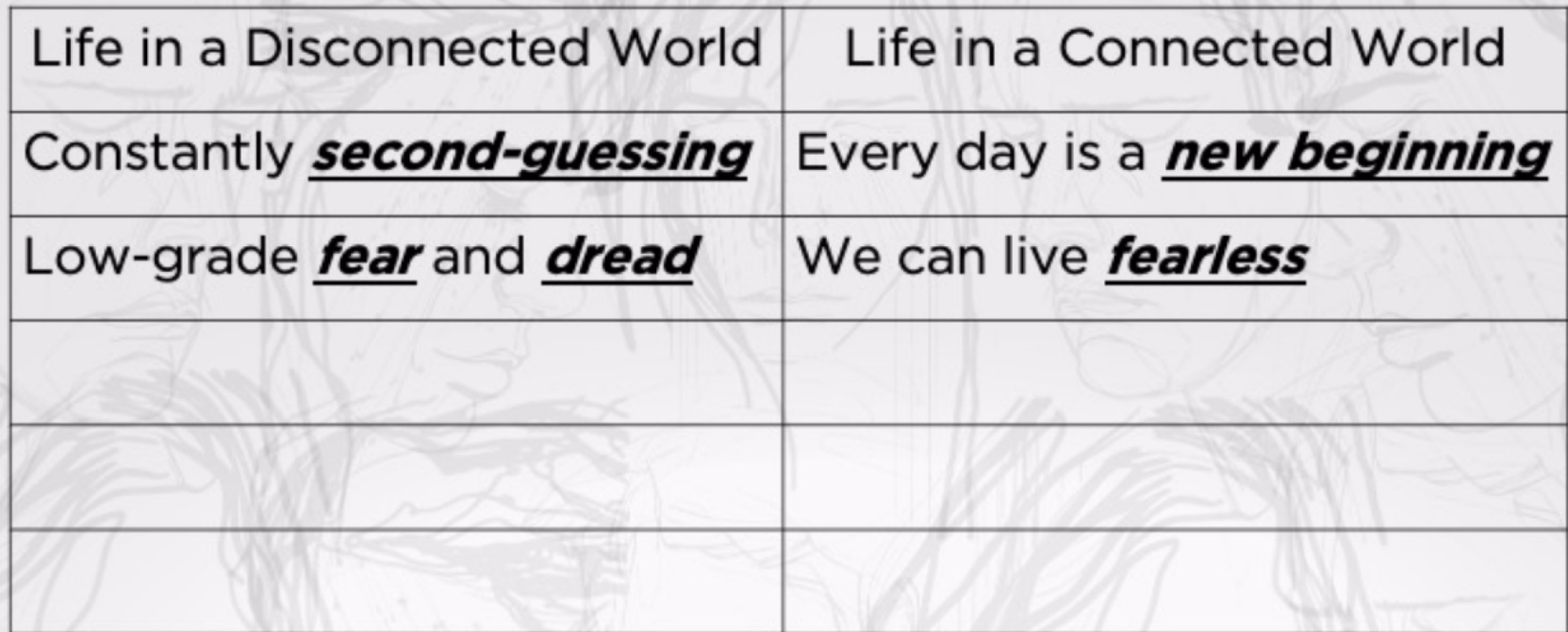
Life in a Disconnected World

Constantly **second-guessing**

Life in a Connected World

Every day is a **new beginning**

RIISING ABOVE
A N X I E T Y



Life in a Disconnected World	Life in a Connected World
Constantly <u>second-guessing</u>	Every day is a <u>new beginning</u>
Low-grade <u>fear</u> and <u>dread</u>	We can live <u>fearless</u>

RIISING ABOVE
A N X I E T Y

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Constantly <u>second-guessing</u>	Every day is a <u>new beginning</u>
Low-grade <u>fear</u> and <u>dread</u>	We can live <u>fearless</u>
Endless <u>thought loops</u>	Free to think <u>creatively</u>

RIISING ABOVE
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Endless <u>thought loops</u>	Free to think <u>creatively</u>
Tyranny of what <u>others think</u>	<u>Free</u> and <u>alive</u>

RIISING ABOVE
A N X I E T Y

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Constantly <u>second-guessing</u>	Every day is a <u>new beginning</u>
Low-grade <u>fear</u> and <u>dread</u>	We can live <u>fearless</u>
Endless <u>thought loops</u>	Free to think <u>creatively</u>
Tyranny of what <u>others think</u>	<u>Free</u> and <u>alive</u>
We <u>die</u> every day	We can <u>never</u> die

RIISING ABOVE
A N X I E T Y

Life in a Disconnected World

Shame and **self-loathing**

Life in a Connected World

Free to live in our **true identity**

RISING ABOVE
A N X I E T Y

Life in a Disconnected World	Life in a Connected World
<u>Shame</u> and <u>self-loathing</u>	Free to live in our <u>true identity</u>
Constantly asking “ <u>Why?</u> ”	What do you want me to know/do?

RIISING ABOVE
A N X I E T Y

Life in a Disconnected World	Life in a Connected World
<u>Shame</u> and <u>self-loathing</u>	Free to live in our <u>true identity</u>
Constantly asking “ <u>Why?</u> ”	What do you want me to know/do?
Drowning person pulling others under	We live as a non-anxious presence

RIISING ABOVE
A N X I E T Y

1. Awareness - Behavior is shaped by what captivates our attention.
2. Two ways to live - Connected or disconnected world view?
3. The Father-heart of **God**



“So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.”

1 John 4:16