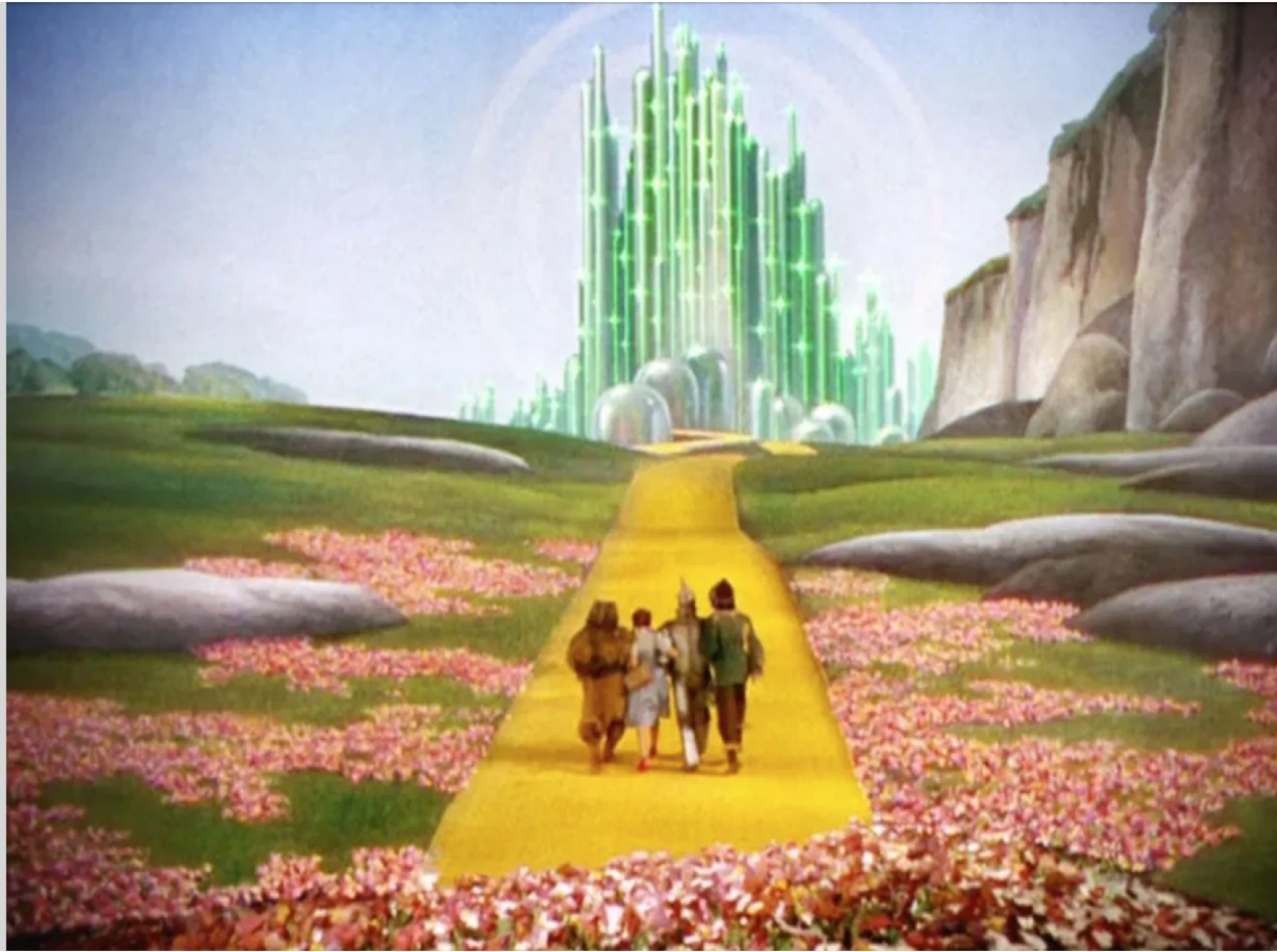




RISING ABOVE

ANXIETY

JUNE 23 - JULY 21



“... horses and chariots and a great army, and they came by night and surrounded the city.”

2 Kings 6:14

“And the servant said, ‘Alas, my master! What shall we do?’ He said, ‘Do not be afraid, for those who are with us are more than those who are with them.’

“Then Elisha prayed and said, ‘O LORD, please open his eyes that he may see.’

“So the LORD opened the eyes of the young man, and he saw, and behold, the mountain was full of horses and chariots of fire all around Elisha.”

2 Kings 6:15b-17

Week 1 - “Is not life more than food, and the body more than clothing?” (25b)

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Week 2 - “Look at the birds of the air.... Are you not of more value than they?” (26)

Week 3 - “But if God so clothes the grass of the field ... will he not much more clothe you?” (30)

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Week 4 - “Seek first the kingdom of God ...” (33)

Week 5 - “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”
(34)

A couple of changes -

A couple of changes -

- theological to logical -

A couple of changes -

- theological to logical -
- focus shifts to the future -

“Here our Lord shows his final understanding of the condition. Worry, after all, is a definite entity; it is a force, a power, and we have not begun to understand it until we realize what a tremendous power it is.

“We so often tend to think of the condition of worry as one which is negative, a failure on our part to do certain things. It is that; it is a failure to apply our faith.

“But the thing we must emphasize is that worry is something positive that comes and grabs us, and takes control of us. It is a mighty power, an active force, and if we do not realize that, we are certain to be defeated by it.

“If it cannot get us to be anxious and burdened and born down by the state and condition of things that are actually confronting us, it will take this next step, it will go on into the future.”

Martin Lloyd-Jones

Do not be anxious about tomorrow. Why?

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1. because it is **fruitless** to do so

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“Tomorrow will be anxious for itself” (34)

“Worrying is carrying tomorrow’s load with today’s strength — carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn’t empty tomorrow of its sorrow, it empties today of its strength.”

Corrie Ten Boom

“The anxious heart receives all kinds of blows through anticipatory anxiety that will never happen.

“Some of us have suffered so much more in this world than has ever happened to us. We fear everything because everything is possible.”

Kent Hughes

- Anxiety about the future is often **reactive**.

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- Anxiety about the future is **unclear**.

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- Anxiety about the future often has a **negative** outlook.

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- Anxiety about the future is unclear.
- Anxiety about the future often has a negative outlook.
- Anxiety about the future is often characterized by a lack of **control**.

Do not be anxious about tomorrow. Why?

1. because it is fruitless to do so
2. because it is **forgetful** to do so

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“Sufficient for the day is its own trouble.”

“Each day has enough trouble of its own. So why anticipate them? If we do, we double them.

“For if our fear does not materialize, we have worried once for nothing; if it does materialize, we have worried twice instead of once.

“In both cases it is foolish; worry doubles trouble.”

John Stott

“So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.

“For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen.

“For the things that are seen are transient, but the things that are unseen are eternal.”

2 Corinthians 4:16-18

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’

“Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

“For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.”

2 Corinthians 12:9-10

“Worry is the act of imagining a future without God. When you strip it down to its bones that’s what it really is.

“I worry when I imagine a future devoid of God. I worry when I project my current feelings and discouragements and struggles into the future.

“I worry when I take God’s love and faithfulness out of the equation. When I imagine a stark and bleak future, a screaming void in which my faithful and loving Father does not exist or act on my behalf.

“Underneath all the anxiety and fear and confusing emotions worry is actually a form of atheism. It’s acting as if God does not exist.”

Stephen Altrogge

“The LORD lives ...”

Psalm 18:46

“Fear not, little flock, for it is your Father’s
good pleasure to give you the kingdom.”

Luke 12:32

“But, as it is written, ‘What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him.’”

1 Corinthians 2:9

Jared Mellinger



A Bright Tomorrow

HOW TO FACE THE
FUTURE WITHOUT FEAR



Jared Mellinger



A Bright Tomorrow

HOW TO FACE THE
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“The future of every Christian is incredibly bright, and the way to live a fruitful life in the present is to embrace all that God has spoken about that bright future.

Jared Mellinger



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“We are like travelers, whose view of the path ahead profoundly shapes our experience of life’s journey.”

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“When our thoughts of the future are ill-informed or full of doubt, it drains our joy and peace.

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“But when our thoughts are biblically informed and full of faith, we flourish.”

Jared Mellinger