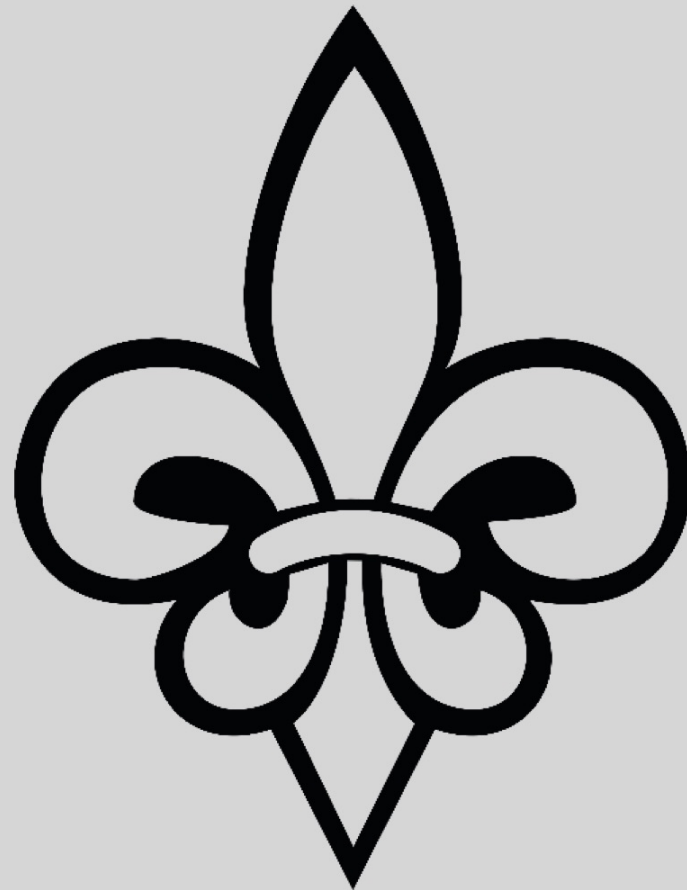


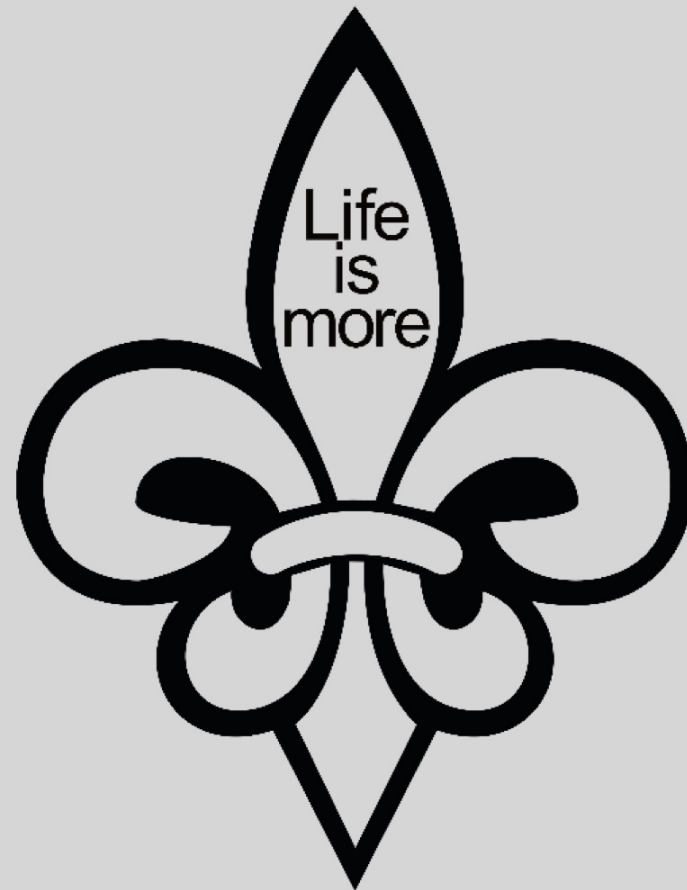


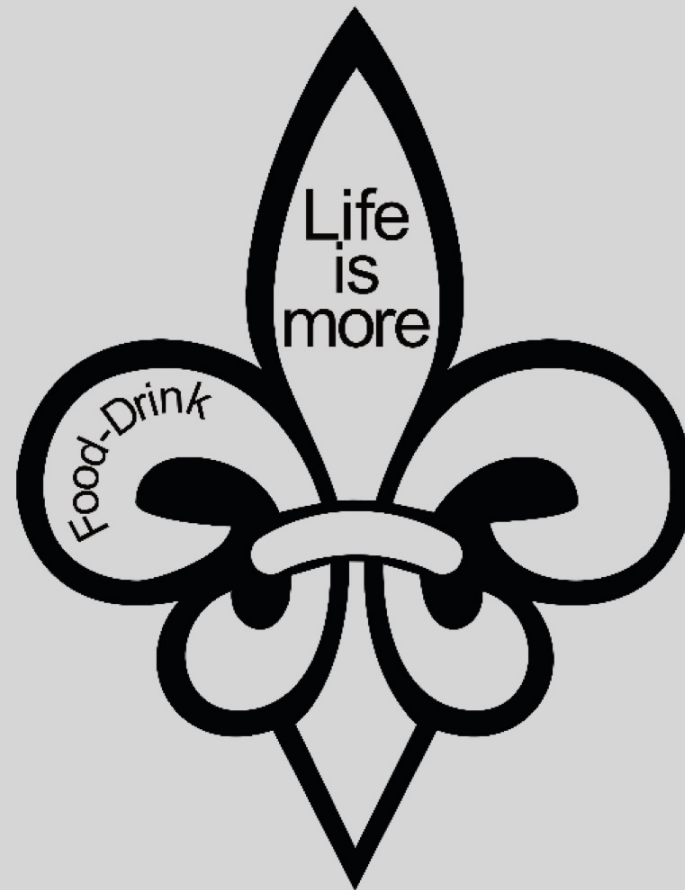
RISING ABOVE **ANXIETY**

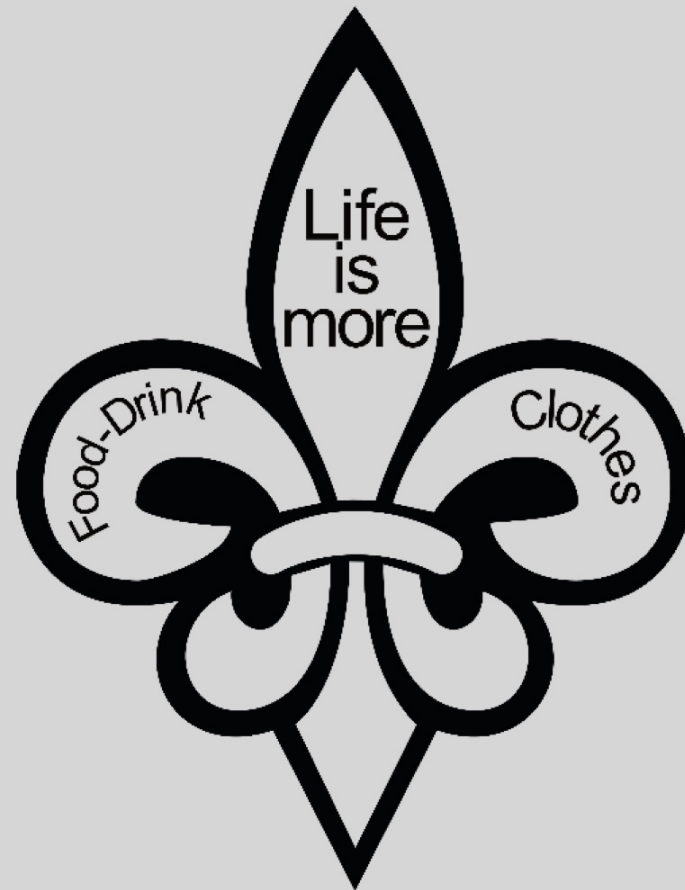
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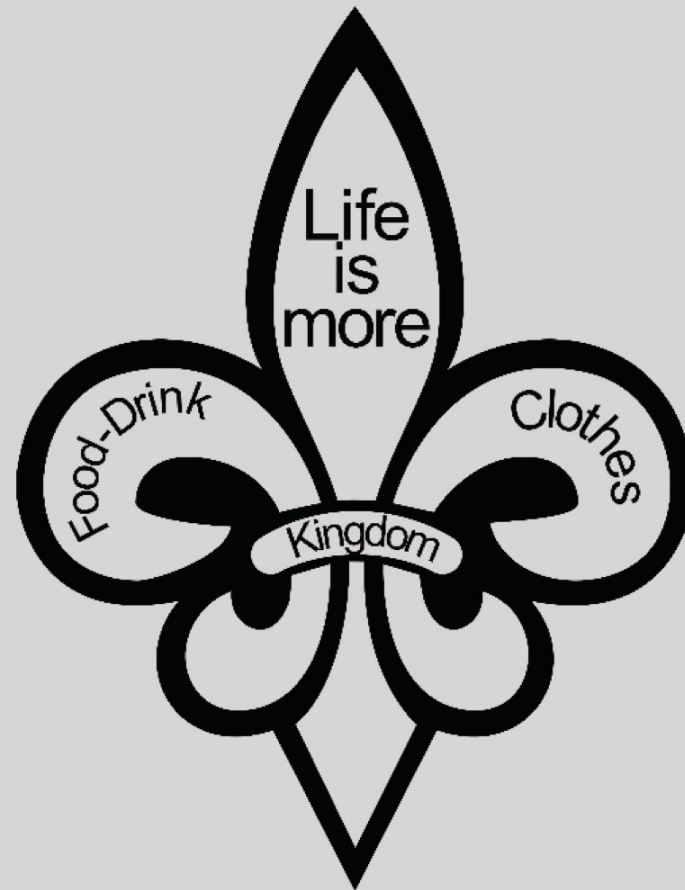
Our path to the lilies: how we got to this point

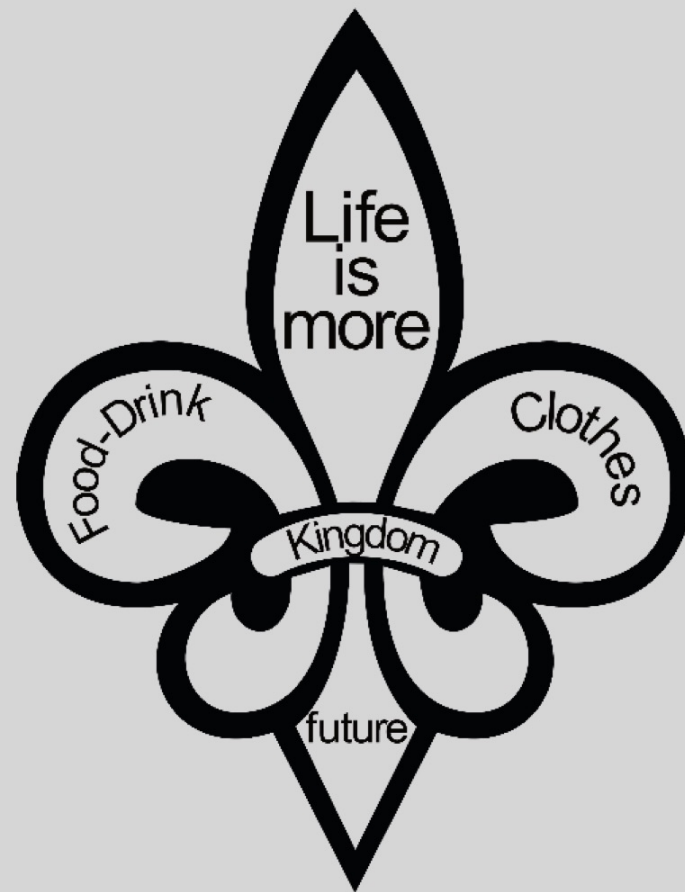








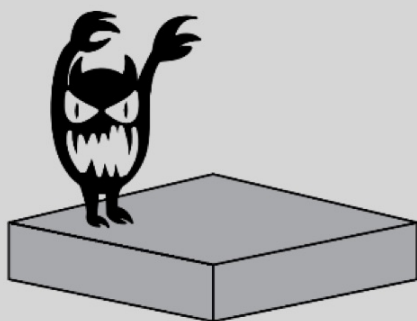


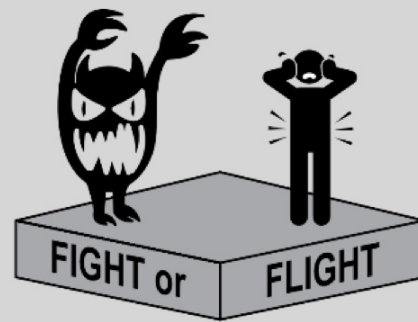


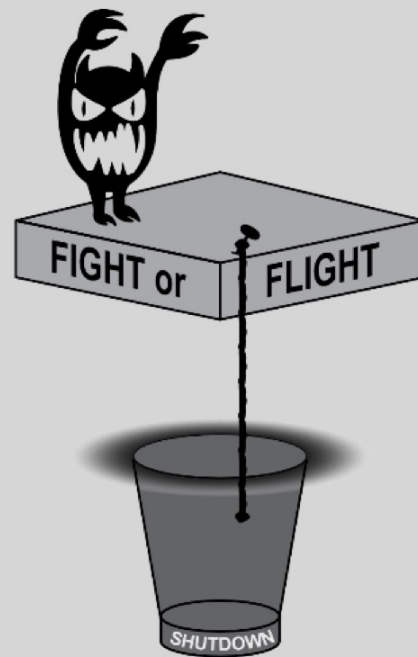
The **futility** of anxiety

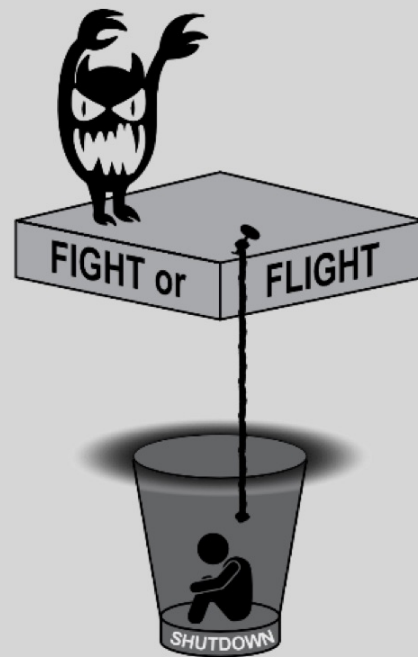
The futility of anxiety

The **mechanics** of anxiety









The futility of anxiety

The mechanics of anxiety

Consider the lilies

“And why are you anxious about clothing?
Consider the lilies of the field, 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.”

Matthew 6:28-29

Consider the lilies VIDEO

The futility of anxiety

The mechanics of anxiety

Consider the lilies

Lessons from the lilies

1. Jesus pointed to something small, delicate, beautiful.

1. Jesus pointed to something small, delicate, beautiful.

“When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?” Psalm 8:3-4

1. Jesus pointed to something small, delicate, beautiful.
2. **Noticing beauty** around me begins to ease my anxiety.

“I really believe . . . that noticing is a practice like meditation and that noticing rewards noticing. . . .

“Attention to the small allows discovery of wonder in the world, keeps you stuck on grateful, and slows time, rescuing you from the pull of the algorithm.

“We’re in a different age from which we need the rescue of noticing. Our minds flit because they are designed to flit. But our natural inclination to flit is hijacked.

“We are in an age where the vast organized skills of smart people are aimed at removing our attention from our control.

“And attention is the only thing that creates meaningful art, relationships, joy, love. Noticing can be a protection in that world.”

John Dickerson

1. Jesus pointed to something small, delicate, beautiful.
2. Noticing beauty around me begins to ease my anxiety.
3. **I can choose** what I pay attention to.











“Whatever is true, honorable, just, pure, lovely, commendable, if there is any excellence, anything worthy of praise, think about these things.”

Philippians 4:8

“gird up the loins of your mind” — get your mind ready for action, “be sober-minded, and set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.”

1 Peter 1:13

1. Jesus pointed to something small, delicate, beautiful.
2. Noticing beauty around me begins to ease my anxiety.
3. I can choose what I pay attention to.
4. **Even anxiety** can be beautiful.

- Remember Paul's "thorn in the flesh."

“Three times I pleaded with the Lord about this, that it [the thorn] should leave me. 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 12:8-10

- Remember Paul's "thorn in the flesh."
- Where most of us see a weakness, God sees an occasion for **grace** and **strength**.

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- Where most of us see a weakness, God sees an occasion for grace and strength.
- We can **sing God's praises** as no one else can.

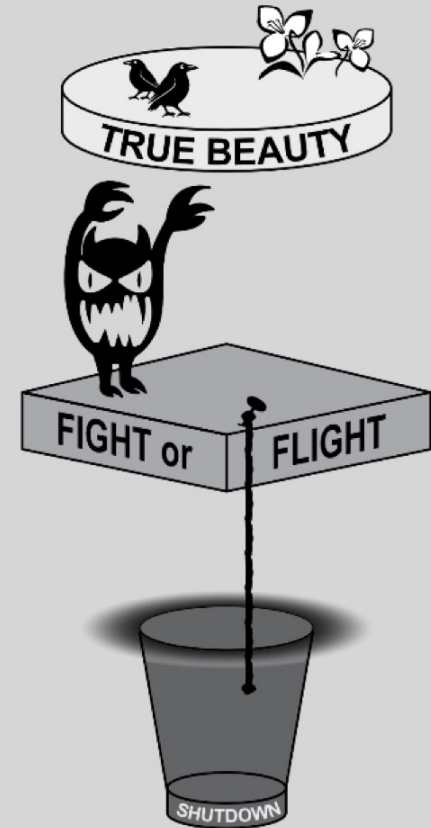
- Remember Paul's "thorn in the flesh."
- Where most of us see a weakness, God sees an occasion for grace and strength.
- We can sing God's praises as no one else can.
- Anxiety lets us know **God's tenderness and provision** in a way nothing else can.

- It gives us a chance to show **compassion** to an anxious brother or sister.

Anxiety is an **invitation** ...

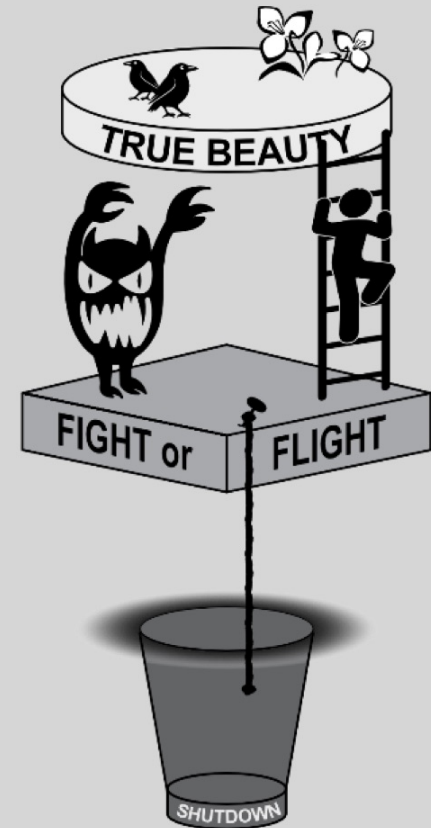
Anxiety is an **invitation** ...

- to rise above my ugly thoughts and discover God's true beauty.



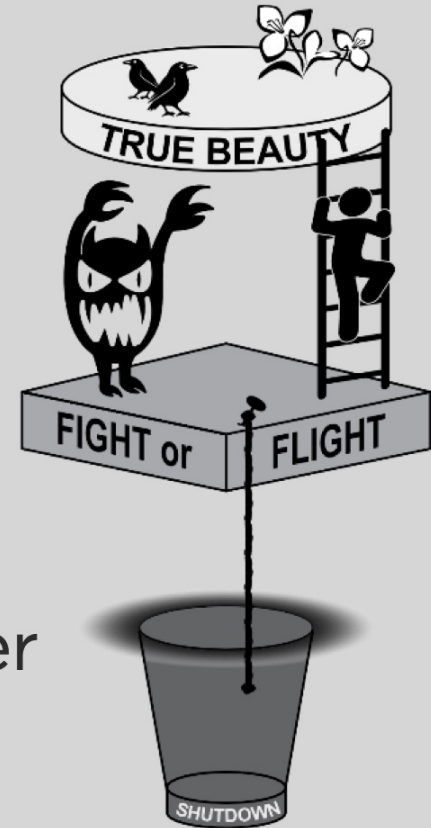
Anxiety is an **invitation** ...

- to rise above my ugly thoughts and discover God's true beauty.
- to crawl up in my Father's lap and tell him all my fears.



Anxiety is an **invitation** ...

- to rise above my ugly thoughts and discover God's true beauty.
- to crawl up in my Father's lap and tell him all my fears.
- to get up and do what my Father asks me to do.



- It gives us a chance to show **compassion** to an anxious brother or sister.

“But if God so clothes the grass of the field,
which today is alive and tomorrow is thrown
into the oven, will he not much more clothe
you, O you of little faith?”

Matthew 6:30

“We are his workmanship, created in Christ
Jesus for good works.”

Ephesians 2:10

“We are his workmanship, created in Christ Jesus for good works.”

Ephesians 2:10

“We are his masterpiece.”

“We are his workmanship, created in Christ Jesus for good works.”

Ephesians 2:10

“We are his masterpiece.”

“poiema” - poem,
something carefully crafted
a work of art

Conclusion - a beautiful secret