

## Session Two

### 2. God's Recognition of our Concerns and Anxiety

- a. What is our authority?<sup>9</sup>
  
- b. God recognizes human concerns
  - i. Physical – Mat 6:25, 27-30
  - ii. Relational concerns – Luke 14:25-35; Luke 10:25-37
  - iii. Future – Mat 6:26; James 4:13-17
  - iv. Heavy burdens – Mat 11:28-30
  - v. Etc.
  
- c. God exposes the true source of the problem of anxiety
  - i. Sometimes its nature and nurture (1 Cor 15:44-49; 1 Pt 1:18)
  - ii. It mostly comes from the heart (Prov 4:23; Mat 15:10-20)
  
  - iii. Man's futile attempts (ill. Titanic) (Eph 2:8-10)<sup>10</sup>
  
  - iv. Man's helpless condition left to himself/herself (Eph 2:1-3; Titus 3:3)
  
- d. God provides the cure in light of His Love and Justice (Jesus is the Physician of the Soul, Mark 2:17)
  - i. Temporal – Mat 5:45; 6:25-34
  - ii. Eternal – John 3:16-18; 4:7-10; 14:6; 2 Cor 5:14-15, 20-21

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<sup>9</sup> Refer to the chart, Descending Order of Certainty and Authority. Also, you can read The Rise and Triumph of the Modern Self, Carl Trueman to understand the current state of thinking in our culture.

<sup>10</sup> Various articles say things like, “Unfortunately, no one seems to have an exact answer as to why anxiety is so common...”, “Anxiety is not curable”, “What exactly causes anxiety is still unclear...”, “...Tips for coping with”