

Session Three

3. Help and Hope in dealing with our concerns and anxious thoughts

a. If you are not a follower of Jesus Christ?

- i. Surface (symptoms only)
- ii. Coping
- iii. Temporary

Prov 14:12– “There is a way that seems right to a man, but its end is the way(s) to death” – like the Titanic

b. If you are wanting to know Jesus Christ?

- i. The cure for present concerns

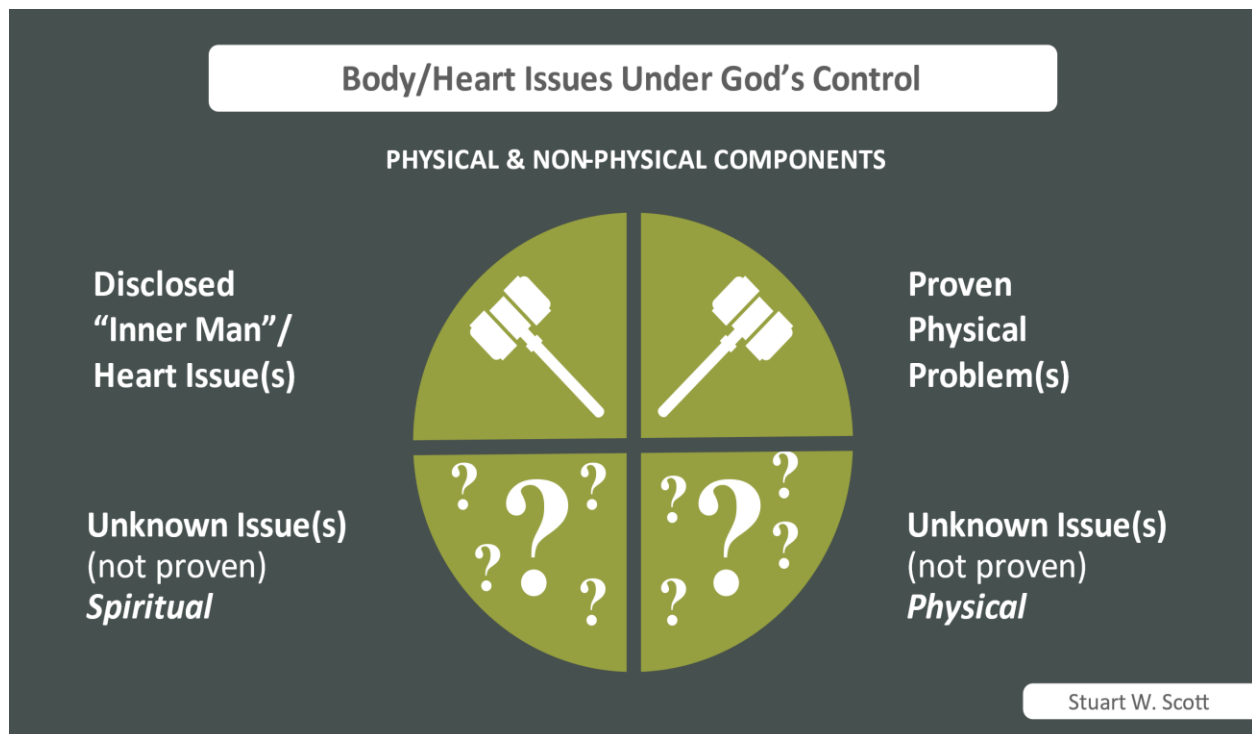
- ii. The cure for your greatest need and concern of all time and eternity
 - The Gospel = GOOD NEWS

c. If you are believing and following Jesus Christ¹¹

Conclusion

¹¹ Refer to the Heart renewal charts

CONCERN – rightly handled	CONCERN – wrongly handled
Focus = Today	Focus = Tomorrow
Trust/Reliance = God	Trust/Reliance = Self, Others, Circumstances
Pursuits = Eternal	Pursuits = Temporary
One's Plan: Solution Centered: proper Dependent action: prayer, talk with someone, write or call, have someone else help out with the situation	One's Plan: Problems Centered: Improper independent reactions: gossip, laziness, murmuring, prayerlessness, discouragement, manipulate others, seek to control others/situation
One's attitude: Thanksgiving	One's attitude: Grumbling & Fretting
God's Word: The Holy Spirit helps one to Control their mind	God's Word: The Holy Spirit does not have control in their thought life
Responsibility: Trusts God with His and dependently does their own	Responsibility: Doesn't trust God and doesn't fulfill their own – self-reliant
Symptoms: restful sleep, a healthy diet, an encourager of others, an example to others	Symptoms: sleeplessness, stomach and intestine problems; ulcers; a discourager of others
Glorifying/Pleasing to God	Displeasing to God and eclipses God's glory
Properly loving others	Loving self



Objective



Subjective

**Revelation: Absolute
Divine Truth**

Science ("Hard" Observational &
Historical)
Philosophy & Psychology
(a discipline or "Soft" Science)

Intuition - (man's own personal
thoughts and feelings)

Descending Order of Certainty & Authority

Adapted, Dr. Robert Thomas, TMS, Spring, 1998

Blessing **WARNING**

Believe:

1. Knowledge - cognition
2. Agreement - affection
3. Repent/Faith - volition

DEBT

RIGHTeous

Stuart W. Scott

What happened?

What am I wanting, thinking and feeling? (Pick one major thought/belief/desire/concern)

**RESPONSE to and AWARENESS of God (what can I rejoice in the Lord about?
How encouraging is it to your faith to know the Lord is with you in this situation?)
Phil 4:4-5**

What can I PRAY and be thankful for in light of this thought? (Is there anything I need to confess?) Phil 4:6-7

What scriptures will help me with this thought/desire? Phil 4:8

Now, what can I BE DWELLING ON about this situation that is loving (to both God and others) true, thankful, hopeful, and God-glorifying in light of the Gospel of Jesus Christ? (The Renewed Thought is...)

What can I DO with this renewed thought (with Spirit's help) to honor and obey the Lord & serve others with my affections, mind and actions? Phil 4:9