

Remnant Life Church

January 12, 2025

**Refuse to Worry**

I Kings 19:1-18

Pt 1

- We live in an anxious society
  - This is not the anxiousness of a child's anticipation for Christmas, their birthday, or for the last day of school to arrive
  - But the overall consuming dread of life's situations that produces anxiety, worry, fear, depression and every associated physical malady.
- Anxiety disorders
  - Over 40 million adults suffer annually from some form of an anxiety disorder
  - These people are
    - 5 times more likely to go to a doctor
    - 6 times more likely to be hospitalized
  - Everyone experiences stress and anxiety at one time or another.
    - The difference between them is that stress is a response to a threat in a situation.
    - Anxiety is a reaction to stress.
  - Anxiety also leads to a variety of physical issues that many physicians believe could be avoided altogether if the source of the problem would be dealt with
- What determines if you will be dealing with anxiety in a way that is harmful to your body, your relationships, and your ability to deal with the natural struggles of day-to-day life?
  - The question I ask again is one that I regularly present
  - Should not we as Christians be dealing with these things differently than those who deny God and do not have the Holy Spirit as a part of their lives?
  - My answer remains the same – YES, we should handle these things in a different way
    - Dare I say – in a victorious way?
- Consider what the Apostle Paul writes to the church in Philippi regarding how to deal with the stress of life
  - **Phil. 4:4-7** - *Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus*
- Paul's theme of content in Philippians can be understood by what the focus of his writing is:
  - He writes of joy and rejoicing
    - 16 times in the 4 short chapters
      - Joy (*Kah-EE-ro*) – present imperative: active, on-going
      - Doing well, thriving, creating a change in your countenance

- He focuses, of course, on the Lord Jesus Christ – 36 times stated
  - Joy because of Jesus Christ
- Finally, about the mind and our attitude – 11 times
  - So if we combine the themes of Paul's letter we see that...
  - We have joy, because of Jesus, if we have the right mind/attitude
- If this is true, why do so many Christians suffer from anxiety?
- God gives us a case study of clinical depression involving, not a man of weakness, but one of the most powerful prophets of the OT to provide us with a blue print on how to deal with these struggles