



Series Title: "An Introduction to Hope: The Gospel of Luke"
Message Title: "Do Not Be Anxious"

Date: March 21, 2021
Teaching: Brad Duncan

Reference: Luke 12:22-31 ESV¹

²² And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. ²³ For life is more than food, and the body more than clothing. ²⁴ Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! ²⁵ And which of you by being anxious can add a single hour to his span of life? ²⁶ If then you are not able to do as small a thing as that, why are you anxious about the rest? ²⁷ Consider the lilies, 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. ²⁸ But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! ²⁹ And do not seek what you are to eat and what you are to drink, nor be worried. ³⁰ For all the nations of the world seek after these things, and your Father knows that you need them. ³¹ Instead, seek his kingdom, and these things will be added to you.

Message Summary:

What are you anxious about? Simply put, "anxiety" means "to care about." Care, though, can become anxiety, worry, fear. Fear is the root emotion behind anxiety.

To worry is to be one of those Jesus describes as "ye of little faith." To be anxious about our lives is to define "life" wrongly. We are created in God's image—*imago dei*—and he takes care of his image-bearers.

How do we deal with anxiety biblically (see Philippians 4:6-7)?

When we worry, we try to take control of our lives. This means we try to push God off the throne of our lives and take his place. Our worry *insults* God.

Worriers feel every punch that has never been thrown. Worriers feel every tear that has never been shed. Worriers are warped optimists; they believe things will never be any better than this.

Jesus' words here are diametrically opposed to the message of our culture. It is when we find our lives in the kingdom of God that we are freed from anxiety.

(See also Matthew 6:25-34)

Discussion Questions:

- What causes you the most anxiety? What is the source of that anxiety?
- What are signs that worry (anxiety) is taking control in your life?
- How did this statement make you feel: "worry insults God."
- Think back over the past week. How has God provided for you, his image-bearer?
- What did you take away from this message? What is one thing you can do to apply the message to your own life?

¹ The Holy Bible: English Standard Version. (2016). (Luke 12:22-31). Wheaton, IL: Crossway Bibles

