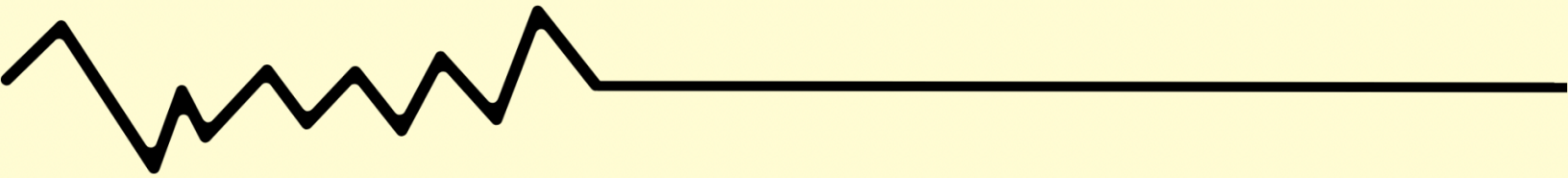


ANXIOUS



Anxious
Do I Trust God?
1 Samuel 27:1–4

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Then David said in his heart, “Now I shall perish one day by the hand of Saul. There is nothing better for me than that I should escape to the land of the Philistines. Then Saul will despair of seeking me any longer within the borders of Israel, and I shall escape out of his hand.” **2** So David arose and went over, he and the six hundred men who were with him, to Achish the son of Maach, king of Gath. **3** And David lived with Achish at Gath, he and his men, every man with his household, and David with his two wives, Ahinoam of Jezreel, and Abigail of Carmel, Nabal’s widow. **4** And when it was told Saul that David had fled to Gath, he no longer sought him.

Anxiety is a sin when

We forget the Lord

- “Then David said in his heart, ‘Now I shall perish one day by the hand of Saul. There is nothing better for me than that I should escape to the land of the Philistines. Then Saul will despair of seeking me any longer within the borders of Israel, and I shall escape out of his hand’” (1 Samuel 27:1).
- David forgets God’s Promise
 - “16 And Jonathan, Saul’s son, rose and went to David at Horesh, and strengthened his hand in God. 17 And he said to him, ‘Do not fear, for the hand of Saul my father

shall not find you. You shall be king over Israel, and I shall be next to you. Saul my father also knows this” (1 Samuel 23:16–17).

- Anxiety is the product of the fear of uncertainty.
- “Humans cannot tolerate uncertainty” (Sharon Hodde Miller, *The Cost of Control*, 27).
- Uncertainty leads to anxiety and anxiety leads to forgetfulness.

We try to control our lives

- “2 So David arose and went over, he and the six hundred men who were with him, to Achish the son of Maach, king of Gath. 3 And David lived with Achish at Gath, he and his men, every man with his household, and David with his two wives, Ahinoam of Jezreel, and Abigail of Carmel, Nabal's widow” (1 Samuel 27:2–3).
- David tries to control his life's circumstances
- Anxiety makes us believe we're safer if we're in control.
- The more we seek control, the less we feel in control.

We defeat the sin of anxiety when

We remember the Lord

- David had forgotten the Lord.
- We remind ourselves of the Lord's good control
 - 25 “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 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? 31 Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all” (Matthew 6:25–32).
- “Anxiety shrinks the power of the gospel because it presents a false gospel—one of self-reliance rather than reliance upon God” (Steve Cuss, *Managing Leadership Anxiety*, 18).
- How can we remember the Lord?
- God is a better God than you. Trust him.

We prioritize our lives around him

- David had tried to control his life.

- We trust what God wants is better.
- “But seek first the kingdom of God and his righteousness, and all these things will be added to you” (Matthew 6:33).
- “The solution to anxiety is not a simplistic ‘Stop worrying,’ but a redirecting of the disciples’ vision to the proper heart orientation, accompanied by a promise of provision” (Jonathan Pennington, *The Sermon on the Mount and Human Flourishing*, 250).
- How do we prioritize our lives around him?
 - Let go of the illusion of control.
 - Accept the reality of agency.
 - “The difference between control and agency is the difference between accepting our limitations and constantly thrashing against them” (Sharon Hodde Miller, *The Cost of Control*, 168).
 - Make God the most important thing in your life.
- You worry about what is most important to you. What’s most important to you?

Anxiety is a sin when we forget God and seek control.

But we can defeat the sin of anxiety when we remember the Lord and prioritize our lives around him.