



SERMON NOTES

UNAFRAID

Week 1 (April 26): "An Age of High Anxiety"
Isaiah 41:10, Psalm 56:3-4

I. Introduction

- A. We should take seriously what is happening in the world around us, but we should not be _____.
- B. Even before the coronavirus, many people in our culture struggled with fear and _____.
- C. In his book "The Science of Fear," Daniel Gardner said "We are the healthiest, wealthiest, and longest living people in history. And we are increasingly afraid. This is one of the great _____ of our time."

II. The Anatomy of Fear

- A. Our body's capacity to experience fear, and our ability to respond to perceived threats is a _____ from God.
- B. There are times when our imaginations become hyperactive and we imagine the _____ that are not real.
- C. Behavioral scientists have identified a tactic to combat fear called "_____ therapy."

III. Biblical Approach to Fear

- A. One phrase that shows up more than any other phrase in the Bible is "Do _____ be afraid."
- B. When King David struggled with fear he wrote _____ (poetry) to God.
- C. When _____ strikes us, we should turn our attention to God through song.

Things I Would Like to Remember About This Message

ASBURY DAILY STUDY GUIDE

INTRODUCTION

All of us have fears and worries in life. Our body's capacity to experience fear, and our ability to respond to perceived threats is a gift from God. But too often, this gift from God goes off when it's not supposed to. There are times when we imagine the threats that are not real. So how can we take seriously what's happening in the world without being afraid?

Monday: Psalm 56:3-4, 10-11

When we read the question, "What can anyone do to me?" our first (frightening) thought may be, "People could do plenty to me." Only as we look below life's surface does the psalmist's question make more sense. What bad, perhaps even malicious, obstacles has God's presence helped you survive, or even turned to a good purpose? How does that affect your ability to trust God moving forward?

Tuesday: Isaiah 41:8-10, 13

Many scholars believe chapter 40 in the book of Isaiah spoke to Israelites living through the bitter experience of defeat and exile in Babylon. Few things could make people feel more powerless. What situations are you facing that leave you feeling powerless and afraid? Read today's passage again, and put your name in place of "Israel," "Jacob" and "Abraham."

Wednesday: Matthew 6:25-27

Jesus also made the practical point that worry seldom does any good (verse 27). Can you think of things you spent a lot of time and energy worrying about that never happened? How does worry differ from wise foresight or precautions? What are some more effective, sustainable approaches to life's challenges than worry?

Thursday: John 14:25-27

The "fight or flight" response to danger seems to be hard-wired into our brains. Do you believe Jesus promised to wipe that out, or can he just give us a better way to deal with it when something triggers it? Are there places of dark fear and anxiety in your life today? How can Christ's love and care free your heart and mind to live in the peace he came to give you?

Friday: Philippians 4:4-7

Paul, at peace even in prison, did not say, "I sure was lucky to be born with a peaceful temperament." Instead, in Philippians 4:11, he said, "I have learned how to be content in any circumstance." Under what conditions, good or bad, do you find it a struggle to remain in God's peace?

MOVING FORWARD

When King David struggled with fear he wrote songs (poetry) to God. When fear strikes us, we should turn our attention to God through song. Instead of using our imaginations to imagine the worst possible scenario, turn your attention to God in song and find a peace that surpasses all understanding.

Answers to the sermon notes:

I)A) afraid, B) anxiety, C) paradoxes. II)A) gift, B) threats, II)C) Exposure. III)A) not, B) songs, C) fear.