

Peace overcoming

Anxiety

Tim Keller

*Lift up the **light** of your face upon us, O LORD!*

Psalm 4.6

Peace – Overcoming Anxiety



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Philippians 4.4-9

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Roadblocks to peace and joy

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Two taxi drivers:
“It’s not so bad.”

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The reason for the difference
is because of **expectations**.

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Nice try

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C.S. Lewis:

Expectations are everything!

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Most of the depression we
experience is depression about
my depression.

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It's not supposed to be like this!

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Before I became a Christian,
I had **one adversary**: God.

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Cat example:
the picture of our relationship
with God in our natural state.

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The minute you make
peace with God, all of God's
enemies declare war on you!

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The three enemies:

The world

The flesh

The devil

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Overestimate: surrender
or retreat too soon

Underestimate: go in with
inappropriate or insufficient resources

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We have much **nastier** and
meaner enemies.

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I have them and no one can pluck
them out of My hand.

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The only thing they can do is to make you totally **ineffective** and **miserable** by destroying your
peace and joy.

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Joy is **spiritual buoyancy**
that comes
when you are rejoicing in God.

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Buoyancy comes from a **focus**
on the unchanging privileges
we have in God.

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The opposite of joy is not **sadness**.

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I've got the only thing that
really matters!

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You fall back on something
deeper.

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The opposite of joy is not sadness
– it's **hopelessness**.

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Their joy is in the stock market...
my joy is in the One who **owns**
all the wealth in the world.

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You can enjoy **pleasure**...
but you know what they stand for.

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C.S. Lewis:

A real Christian allows his mind to
run up the **sunbeam** to the **sun**.

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Someday, God willing,
we shall get in!

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Nature is only a first sketch...

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We cant handle sex, drink
or food.

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A Christian should know more
about joy than anybody else.

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We're scared of joy...

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Peace is confidence and trust in God's wise control of your life – the opposite is anxiety.

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Where do you get peace from?

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All requests must be presented
with thanksgiving...
thank God ahead of time.

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Peace of God:
confidence and stability

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The fruit of the Spirit is **one**.

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You can develop a
counterfeit of peace.

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The way you can tell is that
it exists **by itself**.

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Only the Spirit of God can create
all these things **at once**.

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Symmetry

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Anxiety:
to be in pieces

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Martha's mind was **divided** and **distracted** with too many goals.

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Are you a *Mary* or a *Martha*?

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You are in trouble until I'm the
“One Thing”.

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Peace comes from an **assurance**
of your salvation.

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You can either **talk** to your heart
or **listen** to your heart.

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Psalm 42:

Why are you cast down?

Hope in God!

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Talk to your heart about
who you are in Christ.

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The world:

Mindset of **secularism**(nowism)

Now is all that matters.

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“Wouldn’t it be great?”

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What good am I anyway?

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The flesh:

The selfish part of you
that **wants to be God.**

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The flesh:

- to call your own shots
- to live for your own glory

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A person who needs to be
in charge...

What happened to his flesh?

It got religious!

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The devil:

An evil supernatural intelligence.

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The devil's job is to **destroy**
your peace and joy.

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All three always operate together.
The reasons for your depression
are always **complex**.

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The **world** shows you
commercials.

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The **flesh** drives you to spend too much on your appearance - or to have eating disorders...

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The **devil** lies and accuses you:
“and you call yourself a Christian”.

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There's a whole pile of enemies
coming at you...
and your just aiming for one.

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Accusation:

They talk about your past.

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Your **Feelings**:
Why isn't it there?

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Your **sins**:

They try to get you to look more
at your sins than at your Savior.

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I should be better by now!

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You give yourself too much credit.

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Your very sadness is a **sign** that
God is at work in your life.

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Keep preaching the gospel to
yourself...

Am I still locked in works-
righteousness?

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Jesus was a man of sorrows...

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For every **one** look at your sin,
take **five** looks at your Savior.

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