

## ANXIETY AND FEAR DISPOSAL (6)

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Fear and anxiety are more confident than they should be. They are certain that bad things will happen. Suppose it was two days before your anniversary. You had been intending to order that gift for your spouse but were not at your computer when you thought of it. Finally, you remember and place the order. You order it by overnight shipping. Later that afternoon you receive a call from the company saying that they are out of stock but that they can get another one from a neighboring warehouse and get it to you in three days. "THREE DAYS!" you exclaim. This is for my anniversary. After explaining the urgency, the person with whom you are speaking tells you that he will drive over, pick it up himself, and get it to you in time. What a relief!

If a man's promise can calm your distress, how much more should a promise from God?  
"I will never leave you!"

"I am your shepherd."

"All my promises are yea and amen."

### I. "I WILL BE WITH YOU"

Fear and anxiety make you feel alone. When the director of a scary movie want to really give you the creeps, the hero is led into danger alone.

A. Describe a time when having human companionship lessened your fears and anxieties.

At one point in the life of Isaac, he was afraid. He had gotten into a dispute of water rights. Water rights were obviously very important for those whose job it was to herd sheep. In his distress God said: "I am the God of your Father Abraham. Do not be afraid, for I am with you" (Genesis 26:24). For Isaac, that meant water. For us it means living water.

Jacob was afraid of Esau. To him God said: "I am with you and will watch over you where ever

you go.” (Genesis 28:15)

When Moses was facing leading the Israelites to the Promised Land, God said: “My presence will go with you and I will give you rest.” Moses understood the importance of this to the point that he responded: “If Your Presence does not go with us, do not send us up from here.”

When you read the Bible and find exhortations not to worry or be afraid, you will find promises of God’s promise right next to them:

*“The Lord is near. Do not be anxious about anything, but in everything, 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 minds in Christ Jesus. (Philippians 4:5-7, italics mine).*

B. God is telling you that He is with you now and will be with you in the future. Do you believe this? Why or why not?

C. What attributes of God could through meditation make this more meaningful?

D. Does this truth compete with past experiences in your life when you felt abandoned? How do you square what Jesus said with how you felt?

E. Has there been a time in your life when your confidence in your presence was a comfort to you? Describe it.

There are different ways to be present with someone. One way is to be physically present but passive and powerless. However, God is neither passive nor powerless.

F. What fears and worries do you have that God's presence with you and His involvement in your life can not help?

## II. Difference in Presence and Promise

Kings are not bound to make promises. Elected officials make promises but Sovereign Kings do not. Why? In the world in which we live, promises are made from the lesser (or an equal) to the greater. The one in the more desperate position makes promises. *God however delights in making promises to you. But He is just getting started.* He repeats His promise over and over for emphasis. Repetition is a mark of the Hebrew language for emphasis ("Holy, holy, holy").

A. What hope do you find in this?

B. Are you beginning to think that your fears are actually opportunities to know God better, to trust Him, and to witness how He will give you grace when you need it? Explain.

*"Christ is the mediator of a new covenant, that those who are called may receive the promised inheritance-now that He has died as a ransom to set them free from the sins committed under the first covenant."*

C. What is a covenant?

D. How did the cross secure a better covenant?

"If God has given us Christ, will He not also with Him freely give us all things?"

E. How will you pray now that you are more certain of God's promises?

