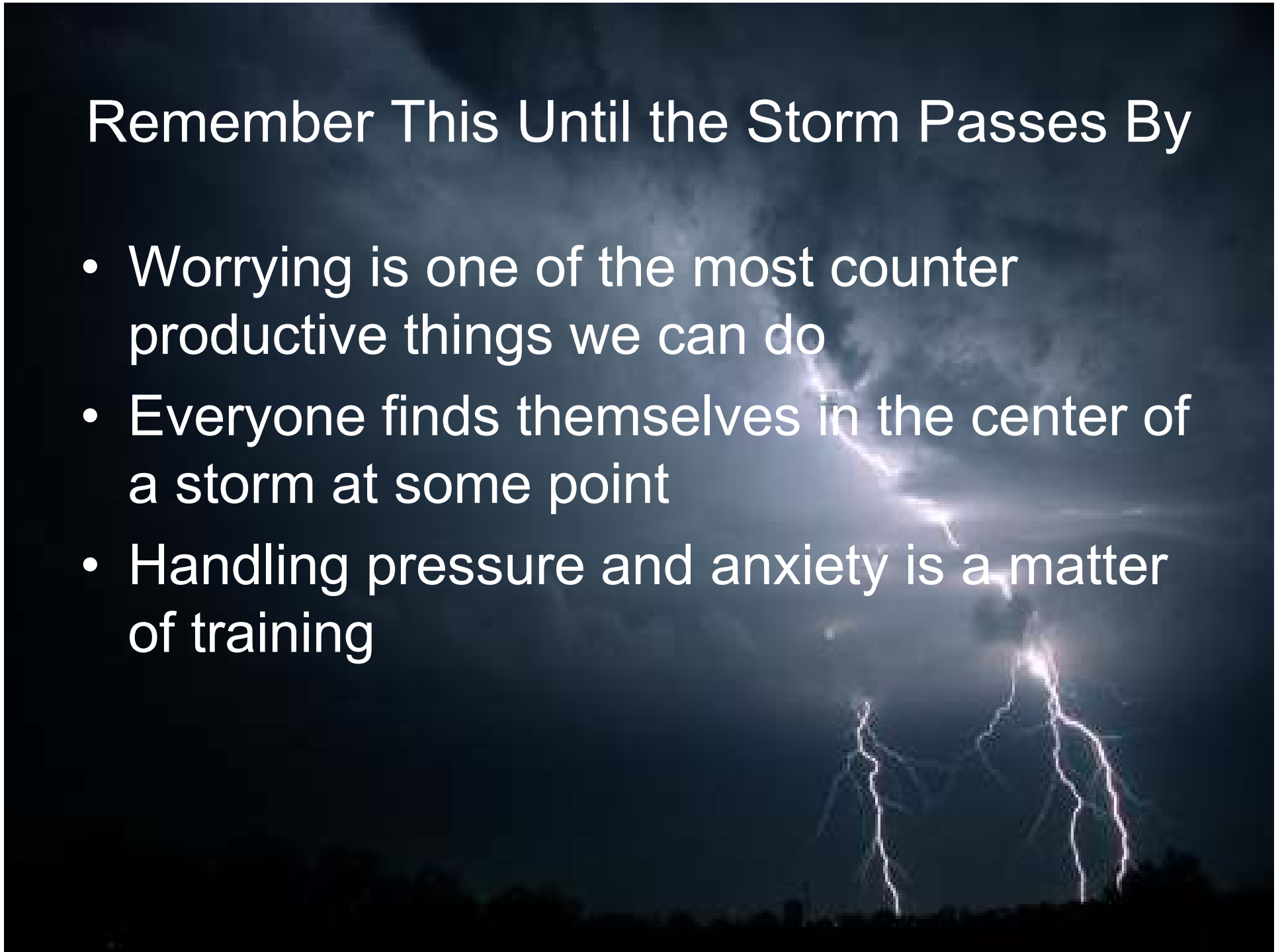




Remember This
Until The Storm Passes By

Remember This Until the Storm Passes By

- Worrying is one of the most counter productive things we can do
- Everyone finds themselves in the center of a storm at some point
- Handling pressure and anxiety is a matter of training



Remember This Until the Storm Passes By

- God gives us the tools, the ability to learn to use them, and the power to overcome
 - 1Cor. 10:13 - “No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”

Mark 4:35-41

- “On the same day, when evening had come, He said to them, Let us cross over to the other side. 36 Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him. 37 And a great windstorm arose, and the waves beat into the boat, so that it was already filling. 38 But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, Teacher, do You not care that we are perishing? 39 Then He arose and rebuked the wind, and said to the sea, Peace, be still! And the wind ceased and there was a great calm. 40 But He said to them, Why are you so fearful? How is it that you have no faith? 41 And they feared exceedingly, and said to one another, Who can this be, that even the wind and the sea obey Him!”

Mark 4:35-41

- Jesus slept through the same storm the disciples thought would kill them
 - He had the power to handle the storm
- Through the help of God, we have the power to handle our storms
 - We may not be able to send the wind away, but we can control what the wind does to us
 - Do we believe this?

What Are We Afraid Of?

- Is it the storm itself?
- Or what the storm can really do to us?
- Or what we are afraid it could do to us?
- Anxiety is distress about future uncertainties, characterized by mental agitation and uneasiness; it may be mild or severe.
- It primarily has to do with what may happen in the future, either near or distant, and often concerns matters over which one has little or no power or influence

What Causes Anxiety?

- Anxiety is caused by real or imagined threats to our well-being
- Anxiety has three main elements...
 - Insecurity: something bad is going to happen
 - Helplessness: there is nothing I can do
 - Isolation: there is no one to help me
 - Emotionally, these feelings cause just as much harm as if what was imagined was actually real

What To Remember While In The Storm

- **Trust God**
- While Christians may feel insecure, the reality is that we are very secure
 - Prov. 3:21-26 - “My son, let them not depart from your eyes-Keep sound wisdom and discretion; 22 So they will be life to your soul And grace to your neck. 23 Then you will walk safely in your way, And your foot will not stumble. 24 When you lie down, you will not be afraid; Yes, you will lie down and your sleep will be sweet. 25 Do not be afraid of sudden terror, Nor of trouble from the wicked when it comes; 26 For the LORD will be your confidence, And will keep your foot from being caught.”

What To Remember While In The Storm

- Trust God
- While Christians may feel insecure, the reality is that we are very secure
 - Heb. 4:16 - “Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”

What To Remember While In The Storm

- **Trust God**
- While Christians may feel helpless, the reality is that we have great help.
 - Rom. 8:31 - “What then shall we say to these things? If God is for us, who can be against us?”
 - Psalm 27:5 - “For in the time of trouble He shall hide me in His pavilion; In the secret place of His tabernacle He shall hide me; He shall set me high upon a rock.”

What To Remember While In The Storm

- Trust God
- While Christians may feel isolated, the reality is that God is always at our side
 - Psalm 23:4 - “Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.”
 - Matt. 28:20 - “And lo, I am with you always, even to the end of the world. Amen.”

What To Remember While In The Storm

- **Trust God**
- While Christians may feel isolated, the reality is that God is always at our side
 - Heb. 13:5-6 - “Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, I will never leave you nor forsake you. 6 So we may boldly say: The LORD is my helper, I will not fear. What can man do to me?”

What To Remember While In The Storm

- **Trust God**

- Ascidia, one of the so called seven deadly sins, is a Latin term for the sin of despair, the feeling that everything is going wrong and nothing will ever be good
- Strong feelings of insecurity, helplessness, and isolation are evidence of a loss of faith and confidence in God

- In Christ and by faith, you stand on solid, secure ground, you are not helpless, and you are not alone!

What To Remember While In The Storm

- Trust God
- The remedy for anxiety is to develop complete trust and confidence in God's ability to help us deal with anything that threatens us
 - Isa. 40:31 - “But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.”

What To Remember While In The Storm

- **Trust God**

- John 14:1 - “Let not your heart be troubled; you believe in God, believe also in Me.”
- Phil. 4:13 - “I can do all things through Christ who strengthens me.”
- Deut. 31:7-8 - “Then Moses called Joshua and said to him in the sight of all Israel, Be strong and of good courage, for you must go with this people to the land which the LORD has sworn to their fathers to give them, and you shall cause them to inherit it. 8 And the LORD, He is the one who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.”

What To Remember While In The Storm

- Trust God
- The more we learn about God, the more we know His infinite power and His interest in our well being
 - 1Peter 5:6-7 - “Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 casting all your care upon Him, for He cares for you.”
 - 1John 5:14 - “Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.”

What To Remember While In The Storm

- Trust God
- God has promised peace of mind to those who are willing to commit their fears and anxieties to Him
 - John 16:33 - “These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

What To Remember While In The Storm

- **Trust God**

- Phil. 4:6-7 - “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”
- 1Peter 4:19 - “Therefore let those who suffer according to the will of God commit their souls to Him in doing good, as to a faithful Creator.”

What To Remember While In The Storm

- Remember to trust God
- Remember to take these reassuring, practical steps



Read the Bible

- Rom. 15:4 - “For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.”
- 2Peter 1:3-4 - “...as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, 4 by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature...”

Be Realistic

- Peace of mind does not depend on solving all the problems, righting all the wrongs, removing all the imperfections, or getting all we want
 - Ecc. 8:16-17 - “When I applied my heart to know wisdom and to see the business that is done on earth, even though one sees no sleep day or night, 17 then I saw all the work of God, that a man cannot find out the work that is done under the sun. For though a man labors to discover it, yet he will not find it; moreover, though a wise man attempts to know it, he will not be able to find it.”

Be Realistic

- Some things will not change, and we need to be realistic enough to accept that...
 - There are some problems that have no solutions
 - There are some situations that must simply be endured
 - “The art of being wise is the art of knowing what to overlook.” (William James)
 - Prov. 19:11 - “The discretion of a man makes him slow to anger, And his glory is to overlook a transgression.”

Be Realistic

- Realistic knowledge of our own limitations ought to cause us to relax and slow down
 - “Besides the noble art of getting things done is the noble art of leaving things undone.” (Lin Yutang)
 - “The wisdom of life consists in the elimination of nonessentials.” (William E. Gladstone)

Be Realistic

- We must learn to let go of some problems and allow the Lord to be in charge of them
 - 1Peter 5:7 - “Casting all your care upon Him, for He cares for you.”
 - Prov. 3:5-6 - “Trust in the LORD with all your heart, And lean not on your own understanding;
6 In all your ways acknowledge Him, And He shall direct your paths.”

Be Flexible

- Change is inevitable; we have got to be resilient, adaptable, and adjustable
 - Phil. 4:11-12 - “Not that I speak in regard to need, for I have learned in whatever state I am, to be content: 12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.”

Focus On The Important Cares And Minimize Attention On The Unimportant Ones

- Cares can be important
 - 1Cor. 12:25 - “That there should be no schism in the body, but that the members should have the same care for one another.”
 - 2Cor. 11:28 - “Besides the other things, what comes upon me daily: my deep concern for all the churches.”
 - Phil. 2:20 - “For I have no one like-minded, who will sincerely care for your state.”

Focus On The Important Cares And Minimize Attention On The Unimportant Ones

- Cares can be unimportant
 - Matt. 13:22 - “Now he who received seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful.”
 - Luke 10:41 - “And Jesus answered and said to her, Martha, Martha, you are worried and troubled about many things.”

Focus On The Important Cares And Minimize Attention On The Unimportant Ones

- Only one thing is of primary concern; everything else is subsidiary
 - Matt. 6:33-34 - “But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

Learn To Live One Day At A Time

- Anxiety does not empty tomorrow of its worries and sorrows; it only empties today of its strengths and peace.
- Worry is the interest paid on trouble before it falls due.
- “I remember the old man who said he had known a great many troubles, but most of them never happened.”
(James A. Garfield in 1881)
- “In headaches and in worry vaguely life leaks away, and Time will have his fancy tomorrow or today” (W H Auden)
- “There is nothing so wretched or foolish as to anticipate misfortunes. What madness it is in expecting evil before it arrives!” (Seneca the Younger, Epistolae Ad Lucilium. XCVIII)

Stay Busy

- Prov. 16:3 - “Commit your works to the LORD, And your thoughts will be established.”
- Anxiety and idleness often go hand-in-hand.
- “Blessed is the person who is too busy to worry in the daytime, and too sleepy to worry at night.” (Leo Aikman)
- Much good can be accomplished, even in adverse circumstances, if we will quit concentrating on what cannot be done and start doing what CAN be done.

Stay Busy

- “Our great business in life is not to see what lies dimly at a distance, but to do what lies clearly at hand.” (Thomas Carlyle)
- “Have courage for the great sorrows of life and patience for the small ones; and when you have laboriously accomplished your daily task, go to sleep in peace. God is awake.” (Victor Hugo)

Learn Contentment



- Phil. 4:11-13
- Phil. 4:4-9
 - Vs 4 - Know that God expects you to rejoice
 - Vs 6 - Stop dwelling on anxieties and start thanking God for blessings
 - Vs 8 - Deliberately direct your thoughts to positive things
 - Vs 9 - Start imitating people who are successful at being content

Learn Contentment

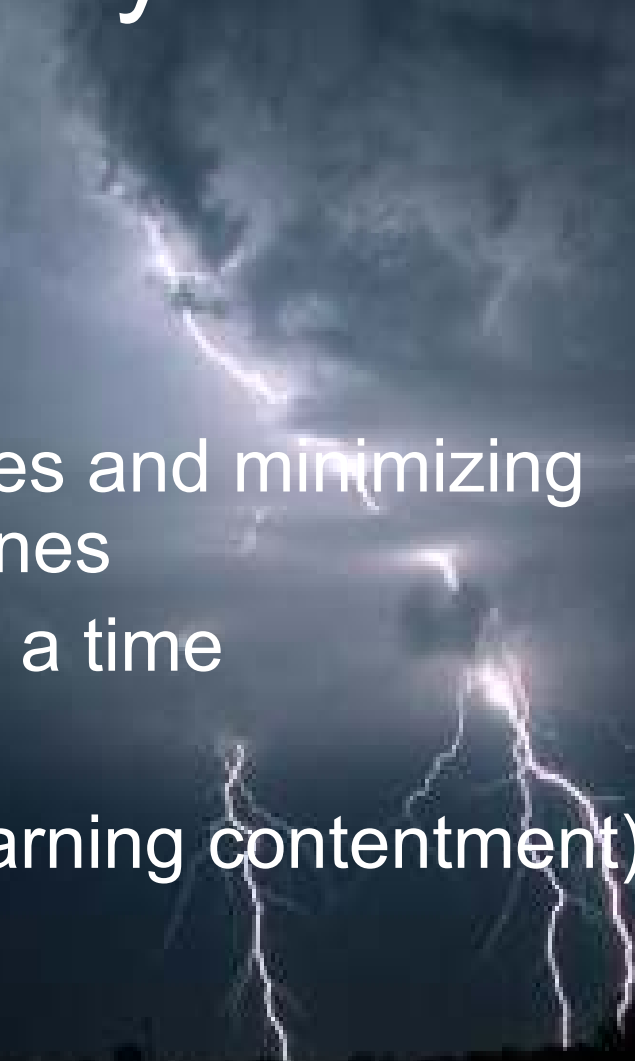
- The discontented Christian may lose his soul
 - 1Tim. 6:6-8 - “Now godliness with contentment is great gain. 7 For we brought nothing into this world, and it is certain we can carry nothing out. 8 And having food and clothing, with these we shall be content.”
 - Heb. 13:5-6 - “Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, I will never leave you nor forsake you. 6 So we may boldly say: The LORD is my helper; I will not fear. What can man do to me?”

Learn Contentment

- Anxiety often comes from having too much, rather than too little. Our wealth depends not so much on what we have, but on what we can do without
 - Ecc. 5:12 - “The sleep of a laboring man is sweet, Whether he eats little or much; But the abundance of the rich will not permit him to sleep”
 - Ecc. 4:6 - “Better a handful with quietness Than both hands full, together with toil and grasping for the wind.”

Peace of Mind Until the Storm Passes By

- Trusting God
- Reading the Bible
- Being realistic
- Being flexible
- Focusing on important cares and minimizing attention on unimportant ones
- Learning to live one day at a time
- Staying busy
- Accepting our lot in life (learning contentment)



Psalm 23

- “The LORD is my shepherd; I shall not want. 2 He makes me to lie down in green pastures; He leads me beside the still waters. 3 He restores my soul; He leads me in the paths of righteousness For His name's sake. 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. 6 Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever.”