



TEARS AND TRIUMPHS

AN HONEST PATH TO MENTAL WELLNESS



Trusting God in an Anxious Age

Read Psalm 55

Listen to the Message 'Trusting God in an Anxious Age' (4th February 2024) at www.elim.family/media

This sermon addresses the prevalent issue of anxiety, especially among the younger generation, and explores the distinction between worry and anxiety. The Ps. Jim draws attention to the impact of modern life, where constant exposure to negative news and the inability to escape work-related communication contribute to heightened anxiety levels.

The sermon delves into Psalm 55, written by David during a period of intense anxiety, highlighting his desperate plea to God in the face of an unknown threat. The concept of identifying personal "enemies" causing anxiety, such as university deadlines or family issues, to name but a few.

The core message revolves around trusting God during times of anxiety, with a focus on embracing tensions we need to hold in trusting God in seasons of anxiety.

Three tensions in trusting God:

1. Giving Up Control
2. Not Liking God's Answer
3. Regaining Perspective

Ps. Jim emphasizes the importance of growing through these anxious seasons rather than repeatedly returning to them, concluding with a quote from Henri Nouwen:

'Keep saying, "God loves me, and God's love is enough." You have to choose the solid place over and over again and return to it after failure... trust that one day that love will have conquered enough of you that even the most fearful part will allow love to cast out fear.'

Questions for reflection:

Understanding Anxiety:

1. How would you describe the difference between worry and anxiety in your own experiences?

2. Reflect on a specific situation where anxiety lingered even after the initial concern passed. What did you learn from that experience?

Modern Lifestyle Impact:

3. In what ways has the constant exposure to negative news and the always-connected work culture affected your anxiety levels?
4. Are there specific practices or boundaries you can set to create a healthier relationship with technology and alleviate anxiety?

Exploring Psalm 55:

5. Identify a personal "enemy" causing anxiety in your life. How can you relate your situation to David's experience in Psalm 55?
6. Consider a time when you've felt overwhelmed, echoing David's desperation. How did you cope, and did faith play a role?

Trusting God During Anxiety:

7. In what areas of your life do you struggle to give up control? How might trusting God in those areas lead to a sense of peace?
8. Can you recall a situation where God's answer differed from what you desired? How did that experience contribute to your growth?

If you have never accepted Jesus as your personal saviour and you would like to move from the margins to having a relationship with Him. Please speak to one of the pastors or leadership team, we would love to pray with you. Alternatively, go to www.elim.family/ihavedecided to find out more about giving your life to Jesus.