



APPNOTES

Date: May 4-8 , 2020

Series: On Edge

Psalms 94:19 What keeps you up at night? Issues regarding money, family, school, political situations, relationships, illness, the “unknown”? Over the past weeks, I’m sure this list has grown. As a society, we have more anxiety than ever before in history. A lot of this fear is induced by the constant looping of negative information that fills our mind. It is further fueled by the insecure feeling that we no longer have control over our lives. Reality check: we never have! This verse reminds that the consolation of God is the answer to our anxiety. Many of our situations seem hopeless from a human perspective. But no matter how dire the situation looks, if we (with a thankful spirit) put our trust in the Lord, let our requests be made known to Him, pour out our hearts to Him, give our fears to Him – we will find rest!

James 1:2-4 The last thing I think of during difficult times is “pure joy”. Fear, anger, pain, frustration, self-pity, yes – joy, no! The words of this verse seem counterproductive to the mantra of today’s society. We are encouraged to embrace the “me mentality”. We have every right to feel sorry for ourselves and deserve to engage in any action or thought that makes us happy. But, that is not the life God calls us to. We are not created to be pampered, passive passengers in our journey. A life of selfish ambition does nothing to further God’s kingdom. Instead, adversity is a part of life we should embrace. It is through the hard times we are molded into strong witnesses. Because we have experienced pain and suffering first-hand, we are more eager to serve and empathize with others. We are created to persevere through the trials of this life knowing we will be made stronger on the other side!

Isaiah 41:10 There is nothing like the feeling of holding a precious life in our hands and being looked up to with the eyes of love. Because of that love, we are willing to do whatever is in our power to make sure that he or she continues to feel safe and secure. How much more is God’s love for us? This verse lets us know that we have the Almighty God, the Creator of heaven and earth holding us in the palm of His mighty hand! It reminds us that the solution to dealing insecurity is to factor in God and see our problems against the backdrop of what He can do. We can have peace knowing that we

have the greatest power in the universe on our side. God will continue to uphold us and cause everything that happens to us to turn out for our best. He will never let go!

2 Corinthians 4:18 Do you remember 3D optical illusion images that, if you stared at them long enough, contained another picture? I always had a hard time finding the image within; I just couldn't fix my eyes for that long without being distracted. In turn, I always missed out on the prize of seeing the hidden picture. This verse reminds us that our lives are impacted by where we place our focus. Concentrating on useless gain causes emptiness and depression. But when we fix our eyes on the Lord, we find rest in faith. He is always with us and He will never allow anything to happen to us that we can't bear. When we fix our eyes on His love, we find peace in His promise of hope. When we fix our eyes on the cross and empty tomb, we find the gift of salvation. We no longer have to fear death!

2 Timothy 1:7 We all have excessive or irrational fears of something, whether it is spiders, heights, snakes, water, etc. I actually have ovophobia – the fear of eggs. It seems so ridiculous, but I have a very hard time suppressing it. This verse reminds us that God has not given us a spirit of fear. He has filled us with His power and love. So where do our fear and anxiety come from? Satan will use whatever insecurity or doubt we have against us. But when we feel weak, hopeless, and overcome by worry, we need to remember that God has already given us the tools we need to fight. That's why it is so important for us to read and study His words. They're powerful and valuable weapons in our arsenal to fight off these enemies. Stand fast on the promises from the Lord and no situation will be able to cause you to come out of rest!

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