

# Be Anxious For Nothing

Finding God's Peace In The Midst Of Life's Pressures

***Who Do You Think You Are?***

— PART ONE —



## *Troubling Trends*

- ▶ Undergraduates reporting “overwhelming anxiety”

2011 — **50%**                      2016 — **62%**


- ▶ High school seniors who felt “overwhelmed by all I had to do”

1985 — **18%**                      2010 — **29%**                      2016 — **41%**


- ▶ Hospital admissions for suicidal teenagers **doubled** between **2006** and **2016**.

## 2016–17 School Year At BIOLA


- ➔ **24%** of 1,672 students surveyed (undergraduates and graduates) said **anxiety** had affected their academic performance.
- ➔ **50%** said they **felt hopeless** within the last year.
- ➔ **8%** — 133 students — said that they had seriously considered **suicide** during the past year.



**Philippians 4:6-7** — Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And **the peace of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



**Philippians 4:8-9** —Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and **the God of peace** will be with you.



**Philippians 4:8-9** —Finally, **brothers**, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, **think about these things**. What you have learned and received and heard and seen in me—**practice these things**, and **the God of peace** will be with you.



# Paul's Recipe For God's Peace

***PRAY!*** +



# Paul's Recipe For God's Peace

**PRAY! +**

**Do The Right Things**

[practice these things]

**With The Right People**

[brothers]

**With The Right Mindset**

[think about these things]



# Paul's Recipe For God's Peace

***PRAY!* +**

**Do The Right Things**

[**practice these things**]

**With The Right People**

[**brothers**]

**With The Right Mindset**

[**think about these things**]



# *Who Do You Think You Are?*

**“Hello, I am \_\_\_\_\_.”**

[3 Answers]



# Who Do You Think You Are?

- *Name*
- *Relationships*
- *Vocation*
- *Hobbies*
- *Geography*
- *Appearance*

## **PROBLEM #1**

*They're Not Who I Am*

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- Name
- Relationships
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- Hobbies
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**PROBLEM #1**  
*They're Not Who I Am*

**PROBLEM #2**  
*They Don't Work*

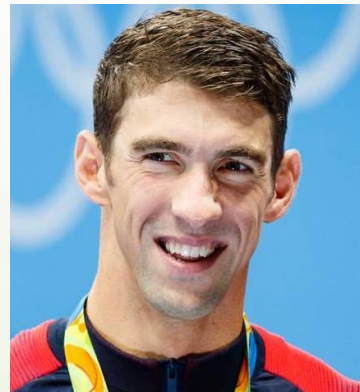
# Who Do You Think You Are?

## OUR CULTURAL NARRATIVES

Good Looks + Admiration = IDENTITY

Star Performance + Accomplishments = IDENTITY

Status + Recognition = IDENTITY





# *Lies We Tell Our Children*

- “You can be anything you want to be”
- “You are uniquely special”
- “You have to be the best”

***The ECLIPSE of the ORDINARY***

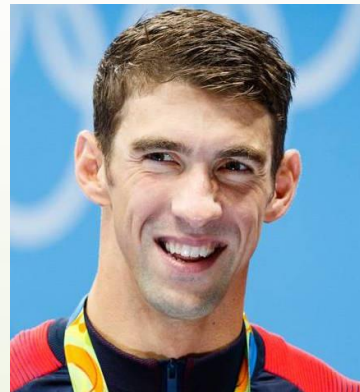
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**PROBLEM #1**  
*This Is Not Who I Am*

**PROBLEM #2**  
*They Don't Work*  
• **UNATTAINABLE**



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**PROBLEM #1**  
*This Is Not Who I Am*

**PROBLEM #2**  
*They Don't Work*

- **UNATTAINABLE**
- **INEFFECTIVE**

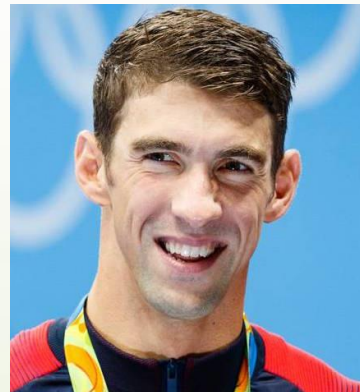
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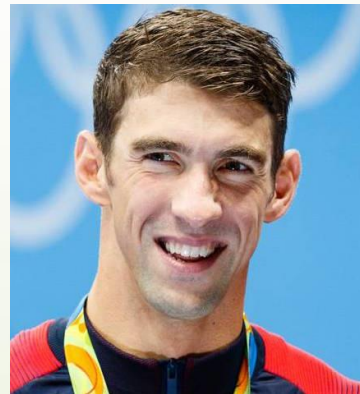
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## *Who Do You Think You Are?*

“Try as we might by our appearance, performance, or social status to find self-verification for a sense of being somebody, we always come short of satisfaction.

Whatever pinnacle of self-identity we achieve soon crumbles under the pressure of hostile rejection or criticism, introspection or guilt, fear or anxiety.”

— Maurice Wagner

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*Who Do You Think You Are?*


**GOD'S ETERNAL NARRATIVE**

Me + Jesus

=

WHOLENESS & MEANING





**Philippians 4:6-7** — Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And **the peace of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



## *Who Do You Think You Are?*

**Galatians 2:20** — I have been crucified with Christ. It is no longer I who live, but Christ who lives in me.

**2 Corinthians 5:16–17** — From now on, therefore, we regard no one according to the flesh. If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

# Who Do You Think You Are?

## What Is True Of Christ Is True Of Me

- In his **death** (Romans 6)
- In his **burial** (Romans 6)
- In his **resurrection** (Romans 6)
- In his **ascension** (Ephesians 2:6)
- In his **life** (Roman 6)
- In his **power** (Ephesians 1)
- In his **inheritance** (Romans 8)

# Prayer of Recollection

Remind yourself of your true identity in Christ: you are completely forgiven and accepted and you are not alone.

*...in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith. Philippians 3:7-9*

# Prayer of Recollection

**Prayer:** “Lord, whatever I do today, I want to do this in you. I don’t want to do this alone, in my own power or as a way to hide from you and to cover my sin. I don’t want to find my identity in anything but Christ. I am in Christ and that is my true identity.”

**Confession:** Confess any ways in which you have placed your identity in something other than Christ and any ways in which you have hidden from God or covered your sins.

**Thanksgiving:** Thank God for his gift of salvation in Christ Jesus. Thank him that the sins you confessed are forgiven and that you no longer need to hide or to feel shame or condemnation.