

## How To Deal With Anxiety

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JOHN 14:27

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### Using This Study

#### ❶ EXAMINE His Word

What does God SAY? Open your time with prayer. The words God uses to communicate matters, so go back and pay close attention to the details that are emphasized or repeated in the passage.

#### ❷ EXPLORE His Word

What does God MEAN? Asking questions of the text helps surface how the details relate to the message God wants to communicate.

#### ❸ EMBRACE His Word

Why does it MATTER to me? Embrace God by responding to what you discover in His word in faith and obedience.

### Guest Speaker: Dr. Paul Shockley



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He is married to Jill and they have four children: Schaeffer Wesley, Spencer Paul, Seth Michael, and Julianna Grace. They reside in Stafford, Texas.

His hobbies include gardening, painting, scuba diving, weightlifting, and exploring the culture, geography, and history of the Holy Land.

## ① EXAMINE His Word

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What does God SAY? Prayerfully note significant details and terms emphasized in this passage.

A. Do you long for peace? Do you find yourself regularly struggling for peace? You go from one hobby to another, one job to another, one relationship to another, one home to another, one church to another, one philosophy to another? Has money, power, and popularity given you what you were longing for? Are you still searching and searching for that peace? Do you find yourself in deep angst, looking but never finding a remedy to end the chaos and discontentment around you and the hunger, disconnection, or the emptiness within? Are you at your end? Have you given up?

B. Consider the words by Jesus Christ from **John 14:27**:

**Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. (ESV)**

## ② EXPLORE His Word

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What does God MEAN?

A. Historical Context: Upper Room Discourse beginning with chapter 13.

B. What are the sources of confusion, anxiety, and tension?

1. John 13:1-7: When Jesus washes the disciples' feet. Peter can't understand why.

2. John 13:18-30 A betrayer among their close knit group is identified: Judas Iscariot

3. John 13:31-35 Jesus announces He is departing them.

4. John 13:36-38 Christ foretells Peter's denial of Him.

5. Comforting but perhaps confusing words from Jesus in John 14:1-4.

6. John 14:5-7      Question from Thomas.

7. John 14:8-21    Declaration by Philip.

8. John 14:22-24   Question from Judas (not Iscariot).

9. John 14:25-26   The Holy Spirit: Helper & Teacher.

C. What does “peace” actually mean?

D. Notice the contrast between “peace from world” and “peace from Jesus.”

## **③ EMBRACE His Word**

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### **How Should We Then Live?**

A. How is this promise applicable to us if historically given to the apostles?

B. One of the greatest examples of trusting God is found in Luke 22:39-44.

C. How did Jesus deal with this anxiety?

D. Job's words are telling: "*Though he slay me, yet will I trust in him.*" ~ Job 13:15 (KJV)

## ④ **LIVE His Word**

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**Summarize your thoughts on the passage.**

Write about what God wants you to KNOW, to FEEL, and to DO.

**Sermon Notes:**