

PASTORS BLOG April 23, 2020 “I am In Over My Head ”

The heart is the place where dreams are born, passions are stirred and great deeds are planned. It is a fragile place where we are crushed by arrows of ridicule, plagued by self-doubt and haunted by past failure. It is the place we try to keep hidden from ourselves, those around us and even from God, but to be made whole it must come into to the light and be healed.

How does the place we hold most dear get so wounded and broken? How do we heal those wounds that keep our hearts closed and shattered?

I. THE SOURCE OF OUR WOUNDS

Proverbs 12[25] Anxiety in a man's heart weighs it down, Anxiety...restlessness, worry, i.e., an attitude or emotion of distress; to torment oneself with or suffer from disturbing thoughts; fret. to torment with cares, anxieties, etc.; trouble; plague.

- Anxiety produces a sense of dread in our lives. The feeling that something bad is going to happen. An undefined sense of fear and foreboding.
 - Anxiety creates indecision and doubt in our lives. We don't know where to turn or what to do.
 - Anxiety makes us unable to trust others.
 - Anxiety creates a hard and jaded heart that is unable to give or receive kindness.
 - It becomes a weight that brings the heart down in a deepening spiral of anger and despair.
1. **Anxiety Is Created When We Refuse To Move Beyond Our Past Failure.** The remembrance of what we didn't do; what we did and wished we had not. When we should have spoken out but remained silent; when we should have held our tongue but didn't. Holding on to our failures keeps us trapped in the past an unable to be look with hope towards the future.
 2. **Anxiety Is Created When We Feel Out Of Control.** ...Luke 6 47- 49 *Everyone who comes to me and hears my words and does them, I will show you what he is like: 48 he is like a man building a house, who dug deep and laid the foundation on the rock. And **when** a flood arose, the stream broke against that house and could not shake it, because it had been well built. 49 But the one who hears and does not do them is like a man who built a house on the ground without a foundation. **When** the stream broke against it, immediately it fell, and the ruin of that house was great."*

We are in a pandemic storm and all the things we thought we had control over are slipping away. The only way to weather this storm is to be firmly established on Jesus and to be rooted in Him and His word. When we have no place to stand we vacillate between fear and anger, between the urge to runaway and the urge to lash out.

3. **Anxiety Is Created When We Struggle With Hope For The Future.**

“Hope” is commonly used to mean a wish: its strength is the strength of the person's desire. But in the Bible hope is the confident expectation of what God has promised and its strength is in His faithfulness.

II. THE HEALING OF OUR WOUNDS Romans 5:1-5 The Message

5 By entering through faith into what God has always wanted to do for us—set us right with him, make us fit for him—we have it all together with God because of our Master Jesus.

1. We have hope because we have been reconciled to God through Jesus' death on the cross

And that's not all: We throw open our doors to God and discover at the same moment that he has already thrown open his door to us. We find ourselves standing where we always hoped we might stand—out in the wide open spaces of God's grace and glory, standing tall and shouting our praise.

2. We are objects of the infinite grace of God.

There's more to come: We continue to shout our praise even when we're hemmed in with troubles, because we know how troubles can develop passionate patience in us, and how that patience in turn forges the tempered steel of virtue, keeping us alert for whatever God will do next.

3. Current stress or troubles will not overwhelm us but help us to dig deeper and find the power of the Holy Spirit ... keeping us alert for whatever God will do next.

In alert expectancy such as this, we're never left feeling shortchanged. Quite the contrary—we can't round up enough containers to hold everything God generously pours into our lives through the Holy Spirit!

4. We will live in expectancy of what God has for us in the future.