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 JOHN 14:1-11

 JANUARY 7, 2024





















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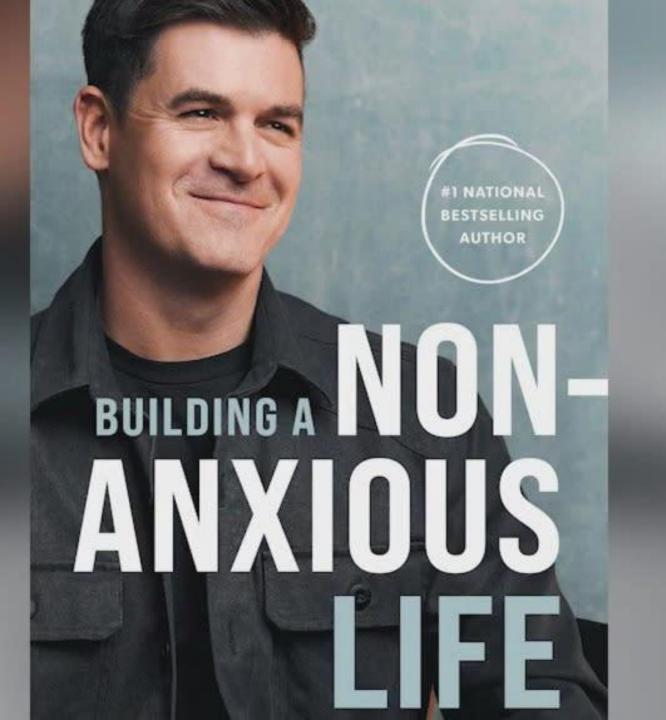
Busting the 6 Underlying Causes of Angst in America

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John 14:1-11 (ESV): "Let not your hearts be troubled. Believe in God; believe also in me. 2 In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? 3 And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. 4 And you know the way to where I am going.'..."

"...5 Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' 6 Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me. 7 If you had known me, you would have known my Father also. From now on you do know him and have seen him.' 8 Philip said to him, 'Lord, show us the Father, and it is enough for us.'..."

"...9 Jesus said to him, 'Have I been with you so long, and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, "Show us the Father"? 10 Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own authority, but the Father who dwells in me does his works...."

"...11 Believe me that I am in the Father and the Father is in me, or else believe on account of the works themselves. 12 Truly, truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am going to the Father. 13 Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. 14 If you ask me anything in my name, I will do it."





Matthew 16:21-23 (ESV): "From that time Jesus began to show his disciples that he must go to Jerusalem and suffer many things from the elders and chief priests and scribes, and be killed, and on the third day be raised. 22 And Peter took him aside and began to rebuke him, saying, 'Far be it from you, Lord! This shall never happen to you.' 23 But he turned and said to Peter, 'Get behind me, Satan! You are a hindrance to me. For you are not setting your mind on the things of God, but on the things of man."





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THERE'S BOTH
NORTH

AND

SOUTH
REALITY.



Lamentations 3:38 (ESV): "Is it not from the mouth of the Most High that good and bad come?"

Matthew 5:45 (ESV): "He makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust."



Romans 12:15 (ESV): "Rejoice with those who rejoice, weep with those who weep."

"Your body knows how well you are, regardless of how you try to numb it or lie to it....Our bodies are constantly solving for reality, even if we are not. Makeup can hide scars, but the scars remain. Bandages can cover up wounds, but the wounds still exist. We can wear masks, feel pity, create distance, or pretend things are different than they are, but our body is keeping the score...."

"...Your body knows if you're in an unsafe and abusive relationship, even if he keeps telling you he loves you. Your body knows you're broke and dangerously close to a financial cliff, even as you emotionally numb yourself buying garbage you don't need to impress people you don't like. Your body knows your small

business is failing,..."

"...even if you haven't looked at your profit-andloss statements for months. Your body knows your wife is quickly flipping the phone face-down every time you walk into the room, even if you're lying to yourself that she's just chatting with her girlfriends. And when your brain and body believe you're not safe, it will sound the alarms."

(From Dr. John Deloney's book Building a Non-Anxious Life, pages 89-90)





"Yes, the mind and reason are necessary, but they must learn to distinguish between what lies beyond its reach. Yes, the mind is brilliant, but the more we observe it, the more we see it is also obsessive and repetitive."

(From Richard Rohr's book The Naked Now: Learning to See as the Mystics See, page 55)

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application: **PUT THE** "REAL" **BACK INTO** REALITY.









Luke 14:28-30 (ESV): "For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it? 29 Otherwise, when he has laid a foundation and is not able to finish, all who see it begin to mock him, 30 saying, 'This man began

to build and was not able to finish."

"Being non-anxious isn't about trying to ignore every unsavory and ugly thing. Avoiding the alarms makes them louder and stronger. Being non-anxious also isn't about imagining and trying to solve for each and every catastrophic scenario in my present life either. This is a fool's errand....[W]e have to face our present reality...."

"...Real life is hard. It's every single day and it never stops. And then someone you love passes away or you learn your kid's diagnosis, and it gets even harder. Building a non-anxious life is about realizing: reality hurts. No amount of screaming and being angry is going to change the election results. Or give you your job

back...."

"...Or convince your ex to return....For millions and millions of us, when we drop our guard, stop running in anxious little circles, and take a true inventory of our lives, reality can be devastating, heartbreaking and downright scary. But to heal from anxiety, we must no longer avoid it or run around it. We have to go

(From Dr. John Deloney's book Building a Non-Anxious Life, pages 98-100)

through it."



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Next Week: The State of Connection Acts 2:42-47