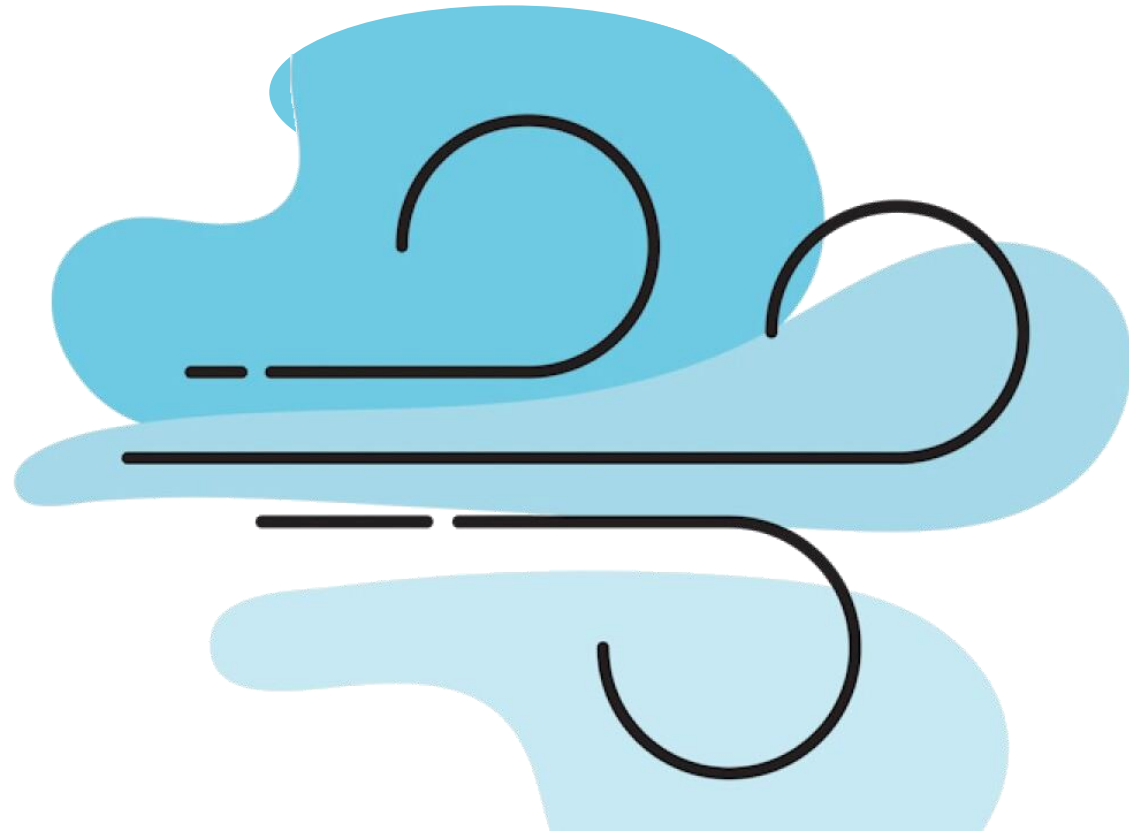


The State of Belief

1 John 4:7-18

February 18, 2024











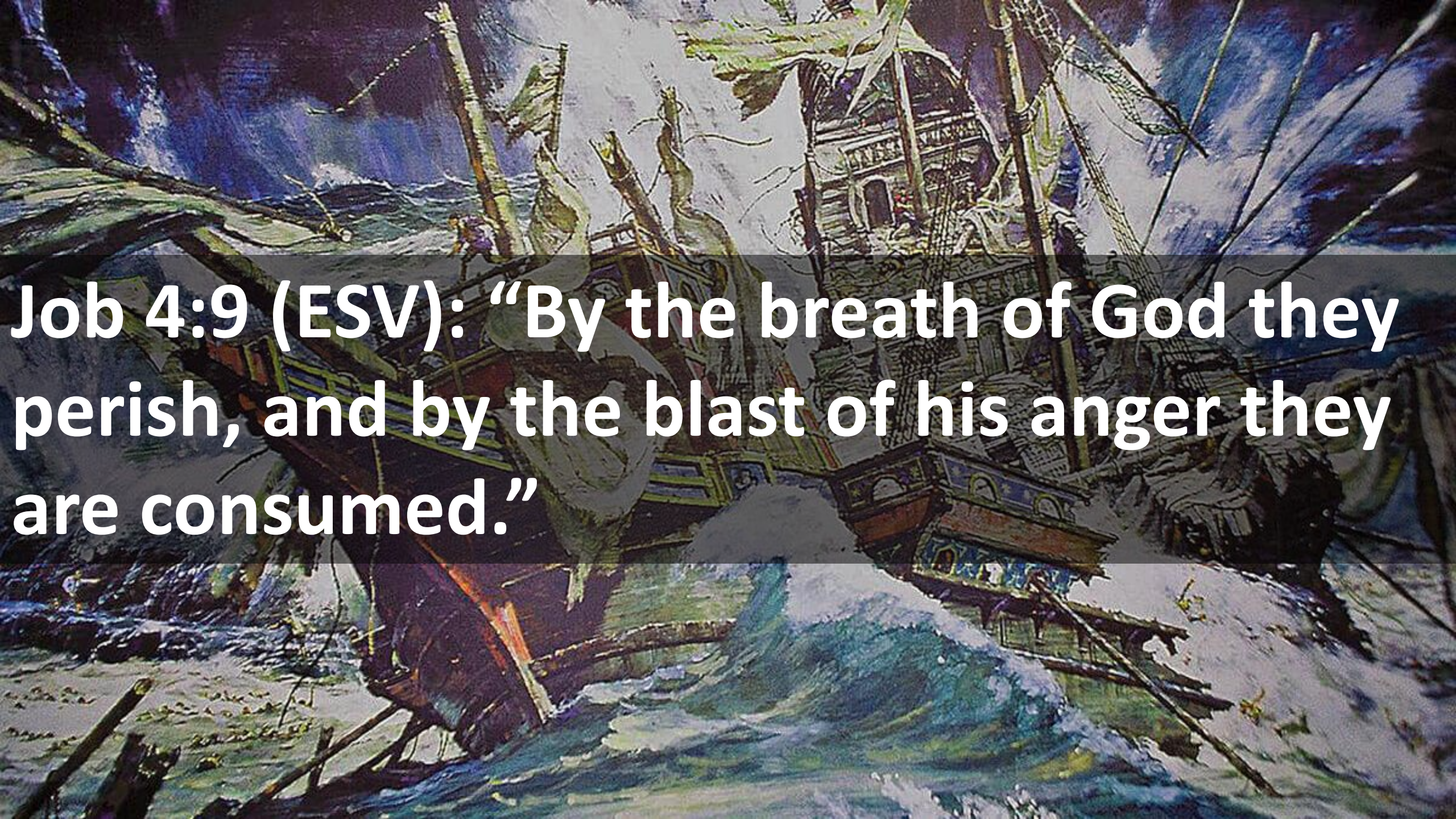










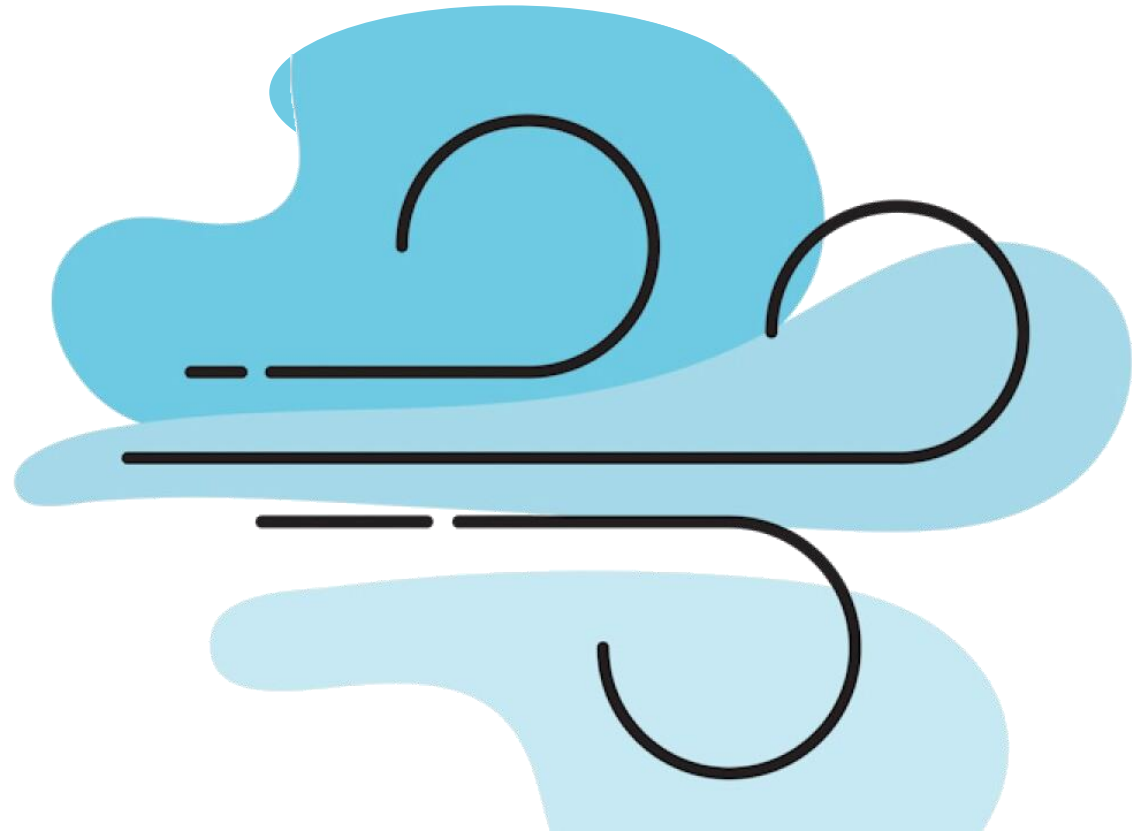
A dramatic painting depicting a shipwreck in a storm. The scene is filled with dark, swirling water and a turbulent, dark sky. Several wooden ships are shown in various states of destruction, with masts and rigging visible. The overall mood is one of chaos and peril. The text is overlaid on a semi-transparent dark band across the middle of the image.

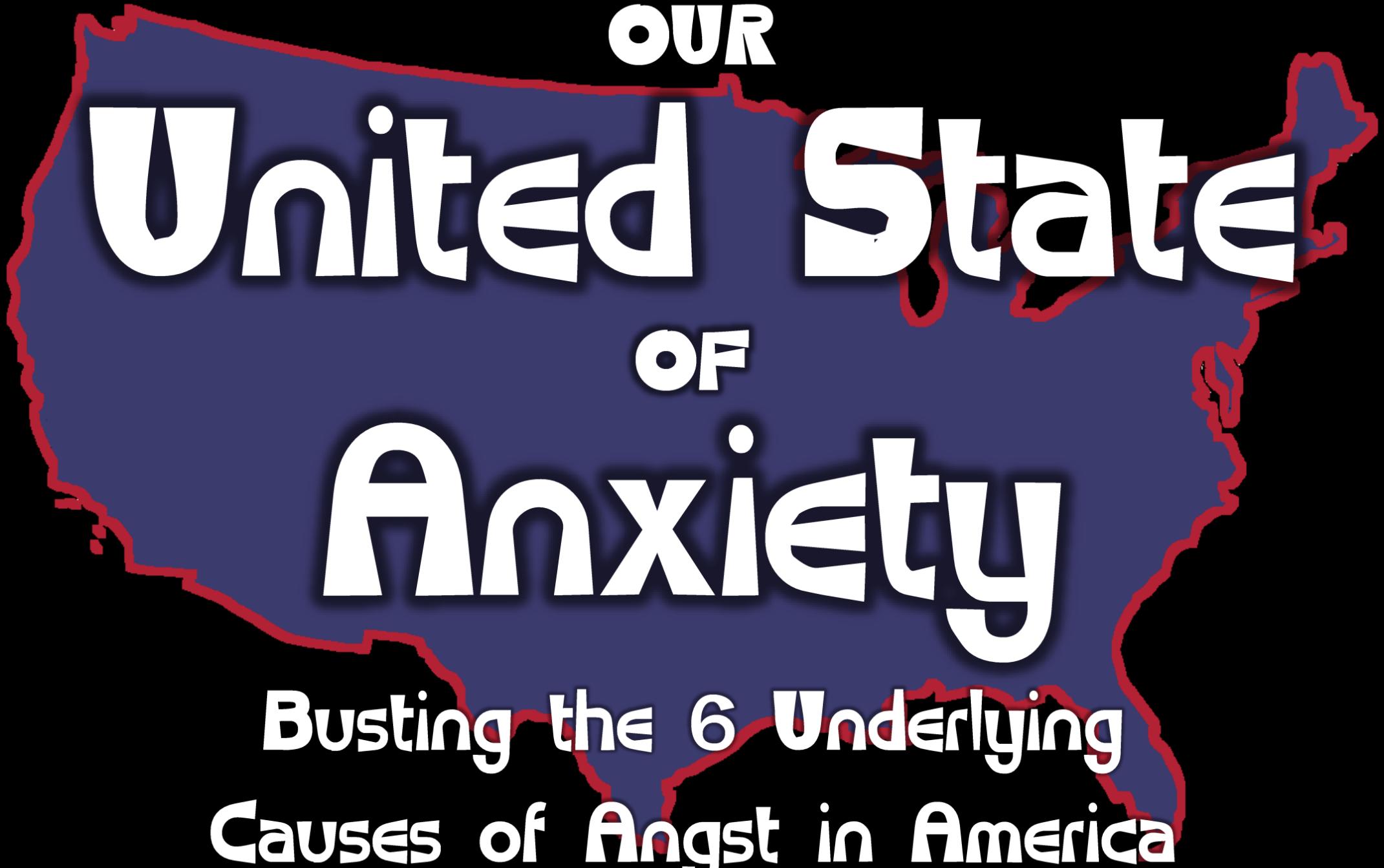
**Job 4:9 (ESV): “By the breath of God they
perish, and by the blast of his anger they
are consumed.”**

The State of Belief

1 John 4:7-18

February 18, 2024





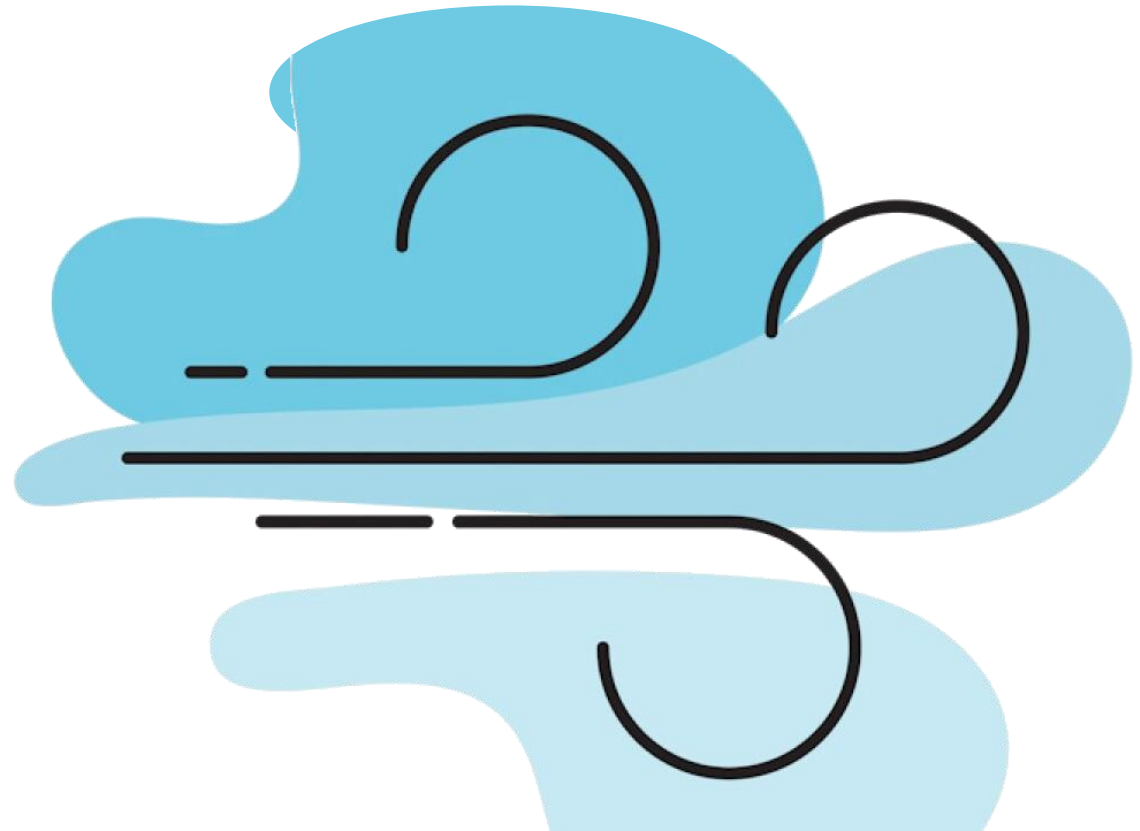
OUR
United State
OF
Anxiety

**Busting the 6 Underlying
Causes of Angst in America**

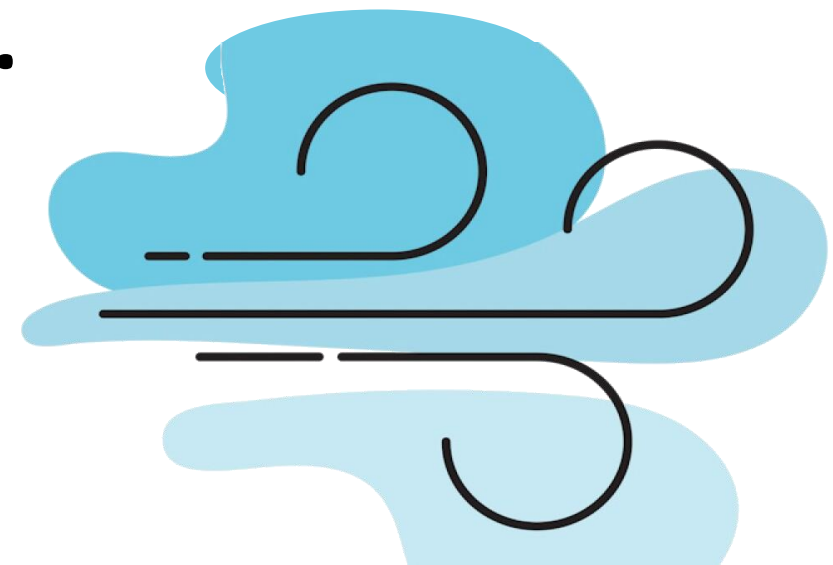
The State of Belief

1 John 4:7-18

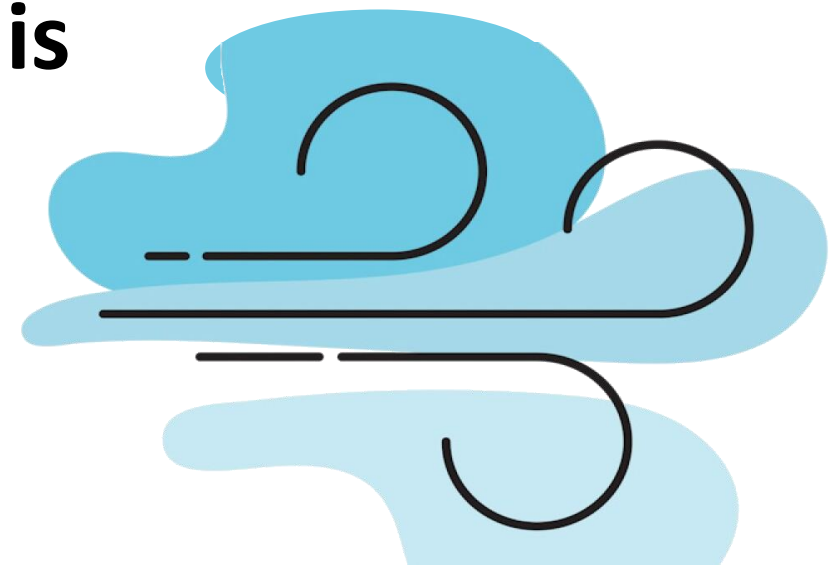
February 18, 2024



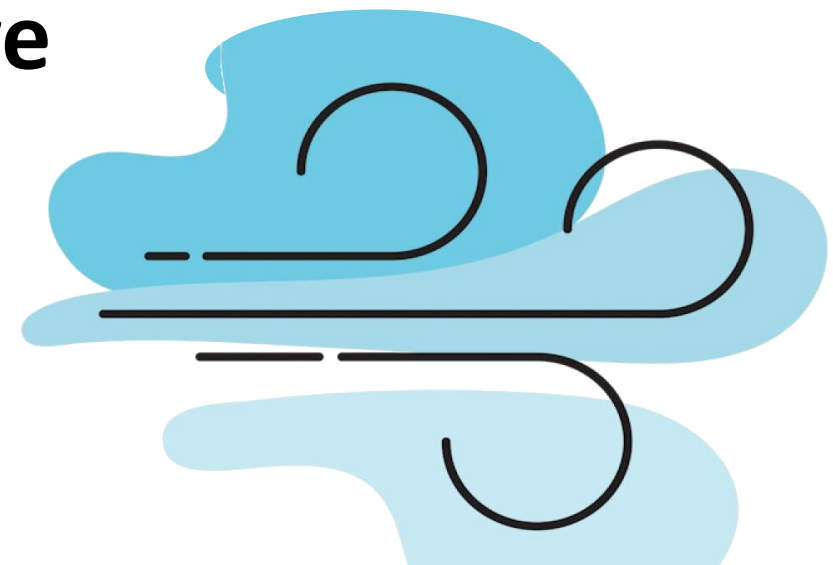
1 John 4:7-18 (ESV): “Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. 8 Anyone who does not love does not know God, because God is love. 9 In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. 10 In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. 11 Beloved, if God so loved us, we also ought to love one another....”

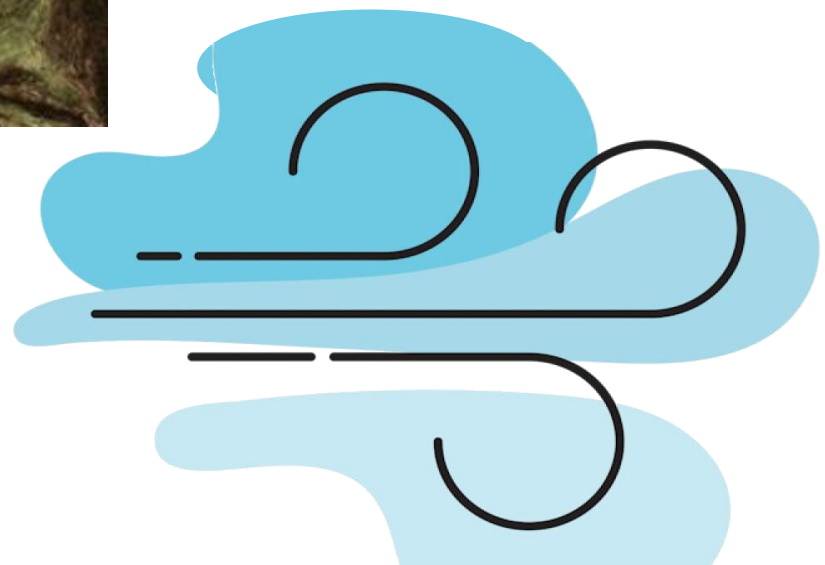


“...12 No one has ever seen God; if we love one another, God abides in us and his love is perfected in us. 13 By this we know that we abide in him and he in us, because he has given us of his Spirit. 14 And we have seen and testify that the Father has sent his Son to be the Savior of the world. 15 Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. 16 So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him....”

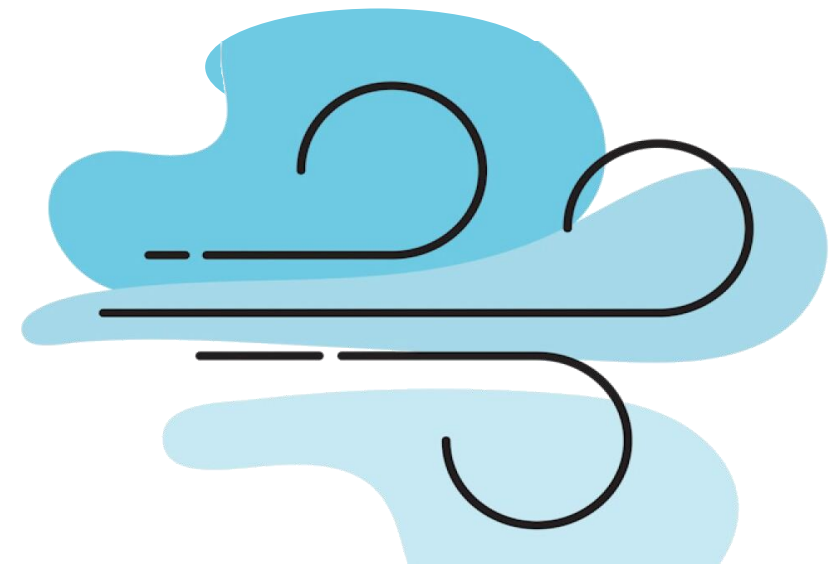


“...17 By this is love perfected with us, so that we may have confidence for the day of judgment, because as he is so also are we in this world. 18 There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. 19 We love because he first loved us. 20 If anyone says, ‘I love God,’ and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen. 21 And this commandment we have from him: whoever loves God must also love his brother.”

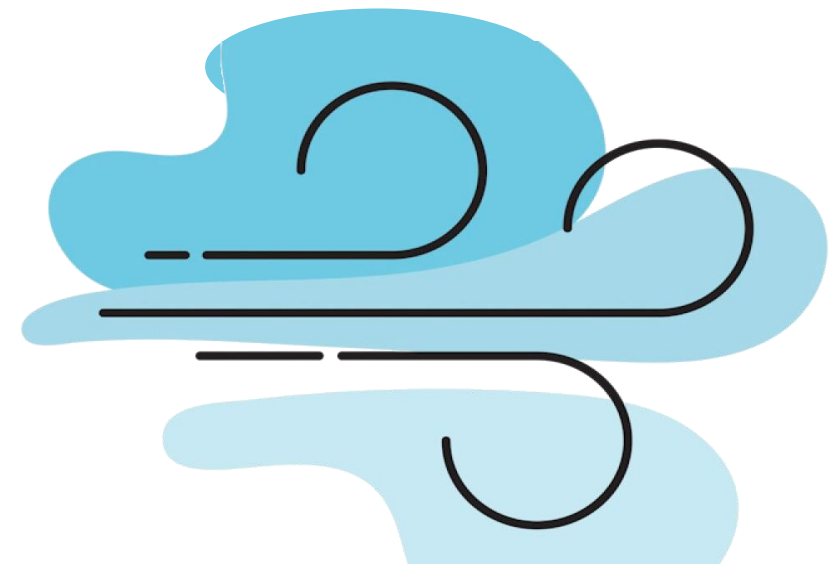




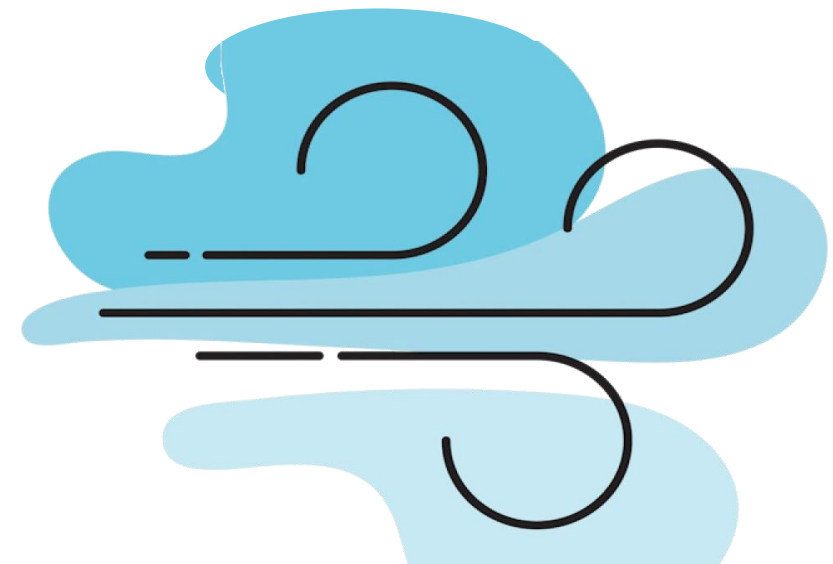
Hebrews 1:3 (ESV): “He is the radiance of the glory of God and the exact imprint of his nature.”



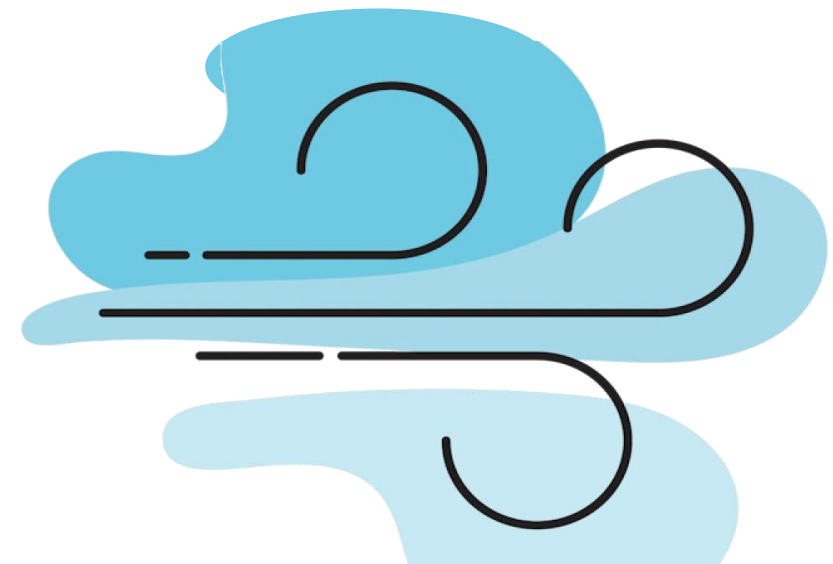
Romans 5:8 (ESV): “God shows his love for us in that while we were still sinners, Christ died for us.”



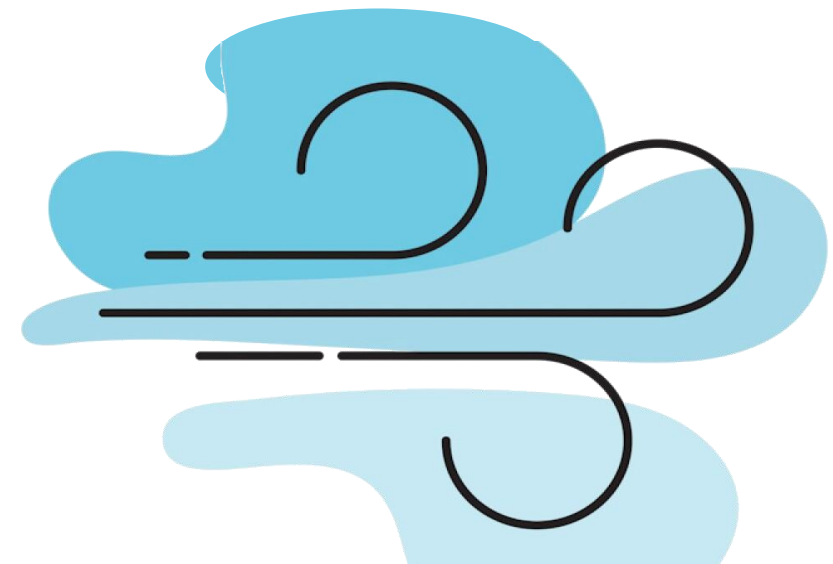
1 John 5:13 (ESV): “I write these things to you who believe in the name of the Son of God, that you may know that you have eternal life.”



Ephesians 2:8 (ESV): “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God.”



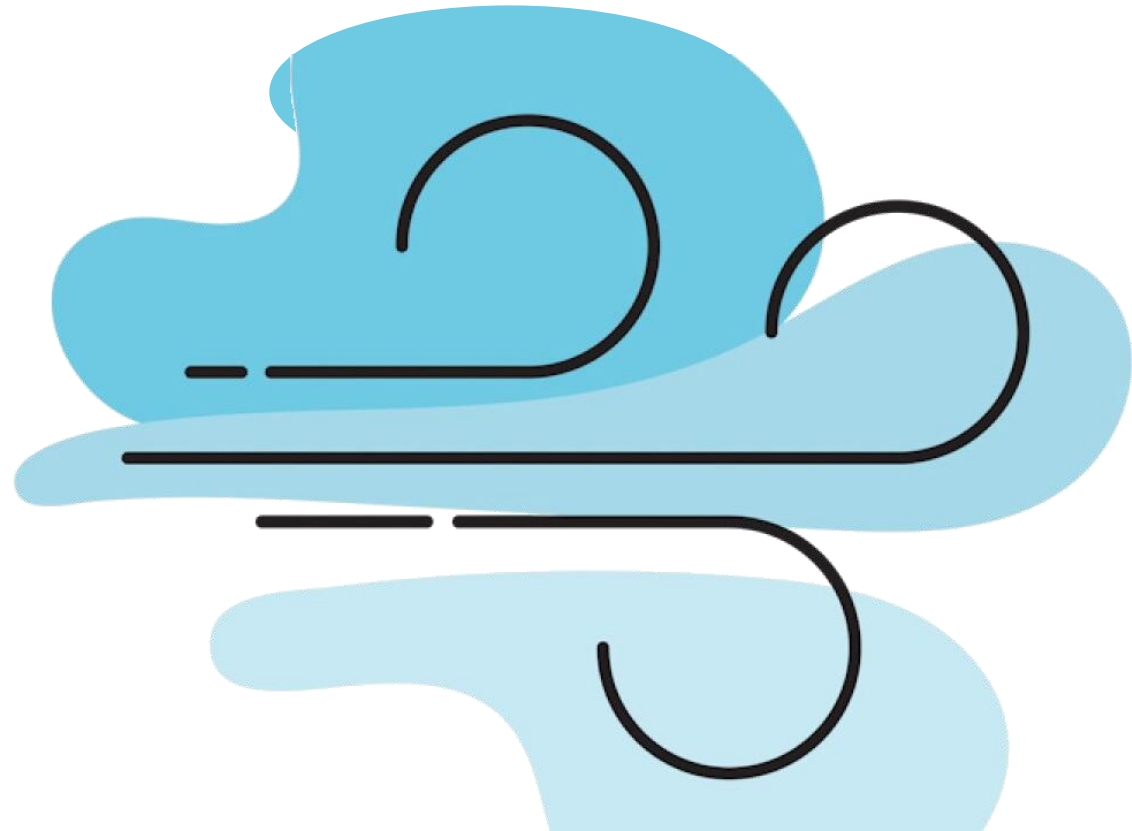
James 2:22-23 (ESV): “You see that faith was active along with his works, and faith was completed by his works; 23 and the Scripture was fulfilled that says, ‘Abraham believed God, and it was counted to him as righteousness.’”



The State of Belief

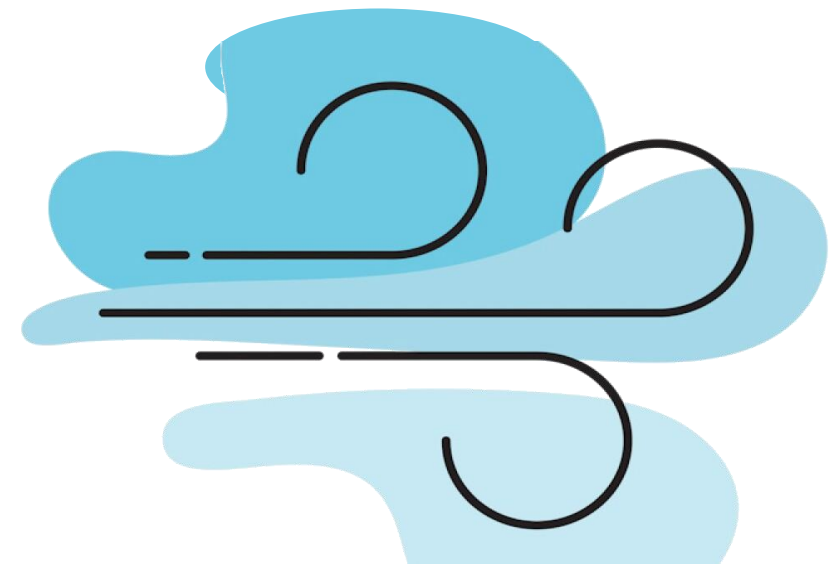
1 John 4:7-18

February 18, 2024



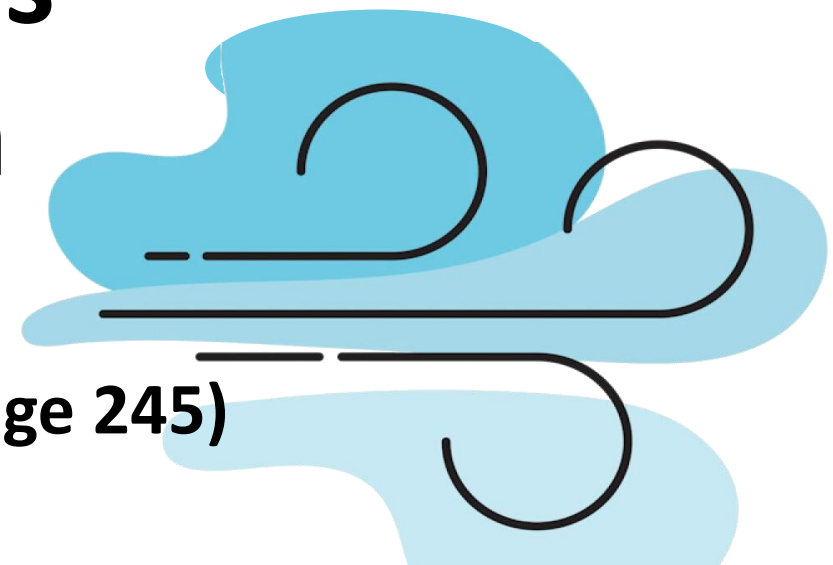
Main Point:

**BUSTING ANXIETY REQUIRES BOTH
DOING
AND LETTING GOD'S WILL BE
DONE.**



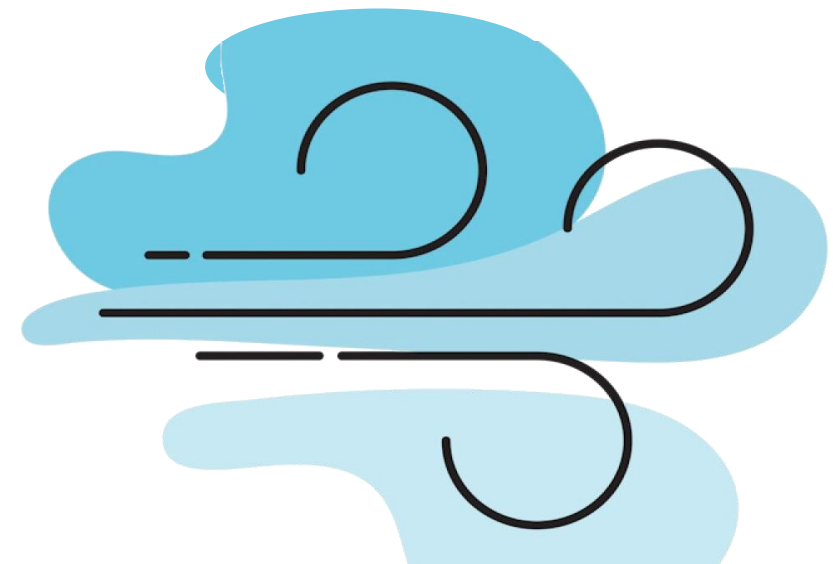
“We have to back away from a life of poisonous, constant sarcasm and pessimism and begin to seek a higher power who offers truth, freedom, peace, and deep, resounding joy. Here’s the paradox: You’re worthy of being loved. You’re enough. You always will be. AND you cannot do it on your own.”

(From Dr. John Delony’s *Building a Non-Anxious Life*, page 245)

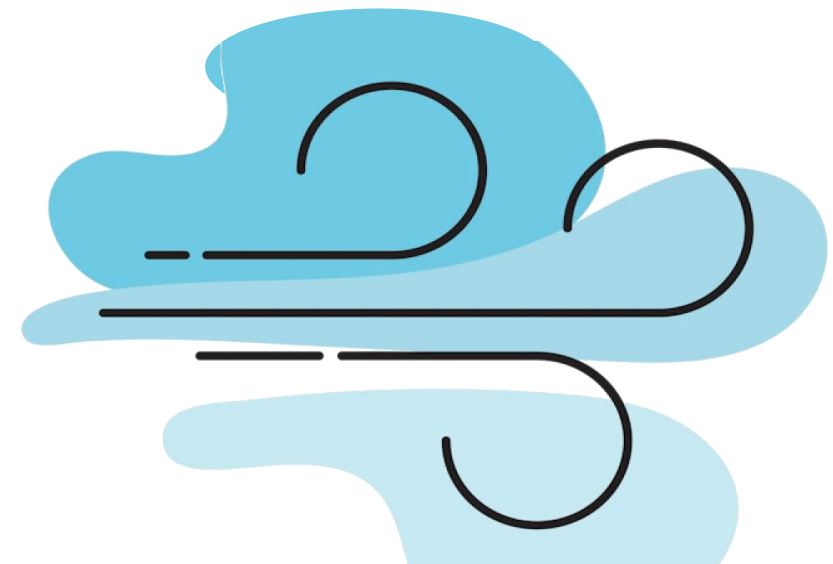


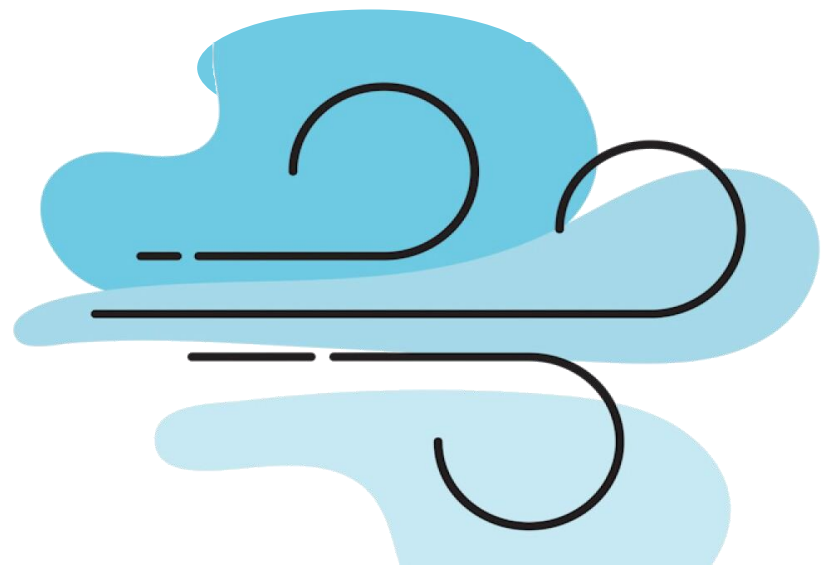
**“Surrender of imaginary control is belief.
Belief is letting go. To truly create a non-
anxious life, you have to Choose Belief.”**

(From Dr. John Delony’s *Building a Non-Anxious Life*, page 227)



1 Corinthians 3:6-7 (ESV): “I planted, Apollos watered, but God gave the growth. 7 So neither he who plants nor he who waters is anything, but only God who gives the growth.”

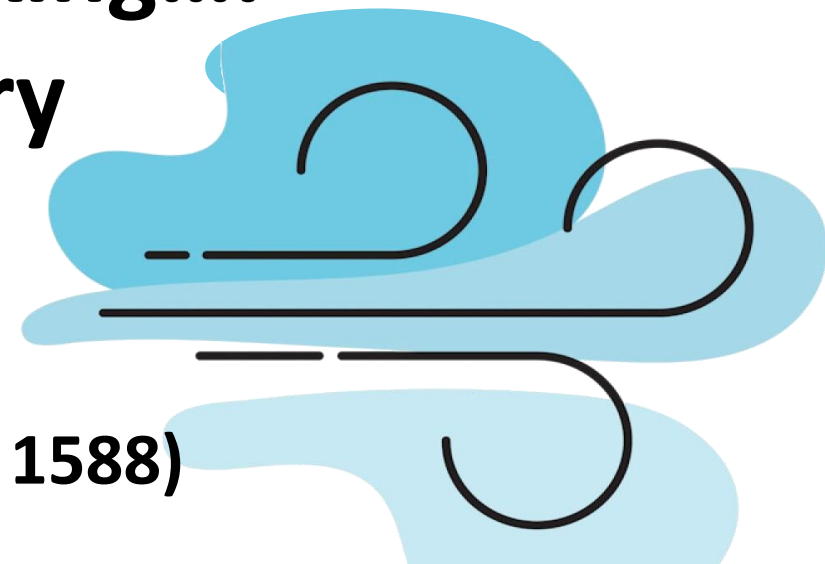




“I am come amongst you, as you see, at this time, not for my recreation and disport, but being resolved, in the midst and heat of the battle, to live and die amongst you all; to lay down for my God, and for my kingdom, and my people, my honour and my blood, even in the dust. I know I have the body but of a weak and feeble woman; but I have the heart and stomach of a king....

[W]e shall shortly have a famous victory over those enemies of my God, of my kingdom, and of my people.”

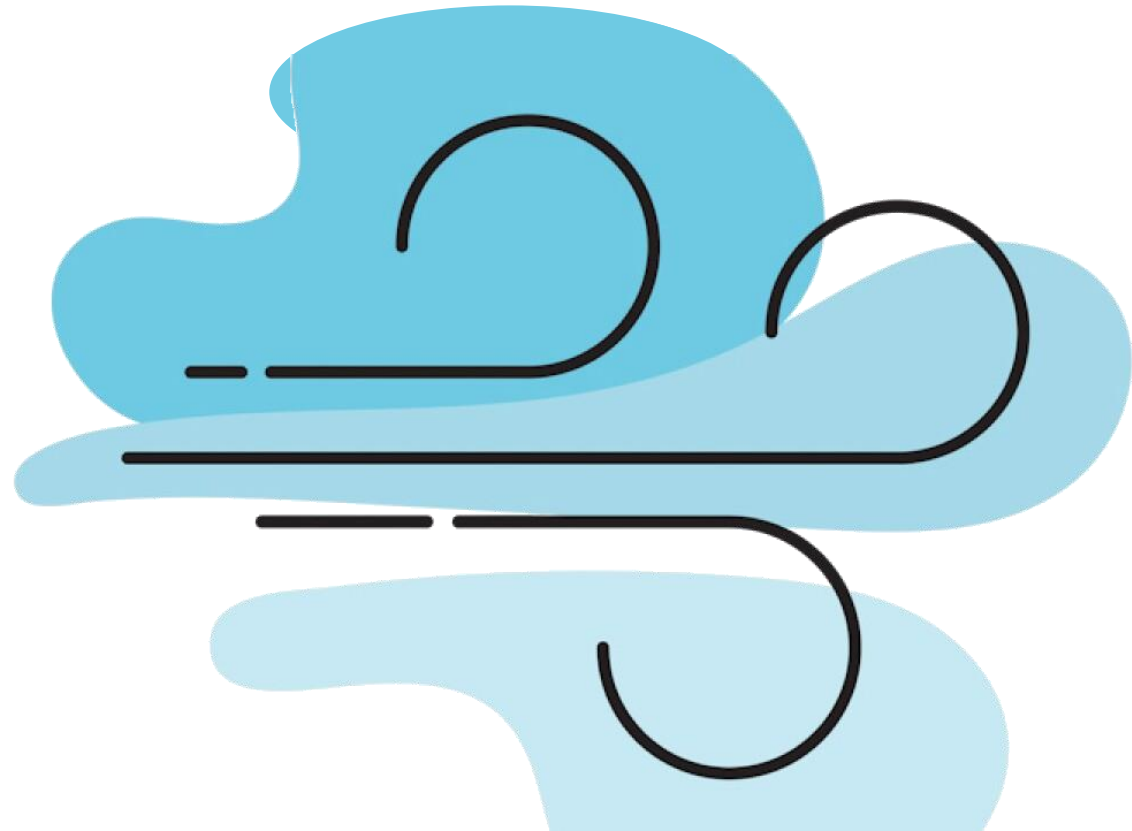
(From Queen Elizabeth’s speech at Tilbury on August 9, 1588)



The State of Belief

1 John 4:7-18

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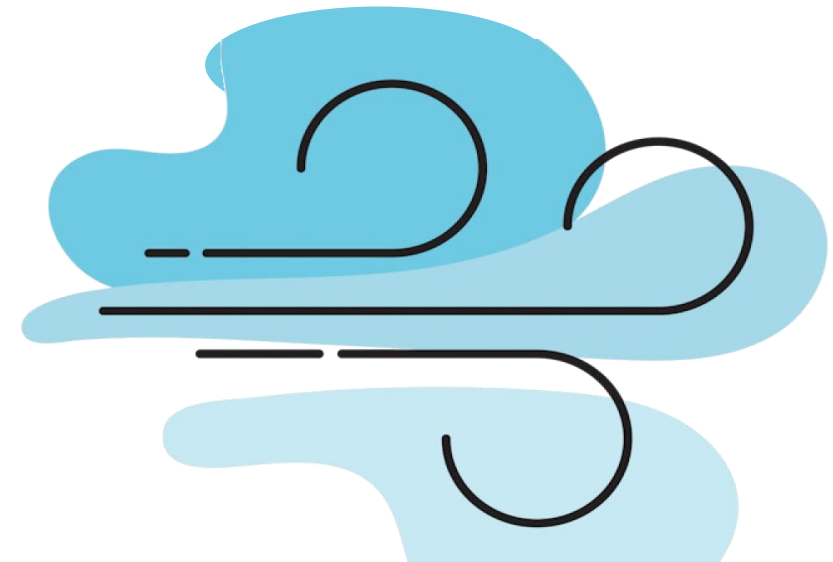
Application:

YOU DO

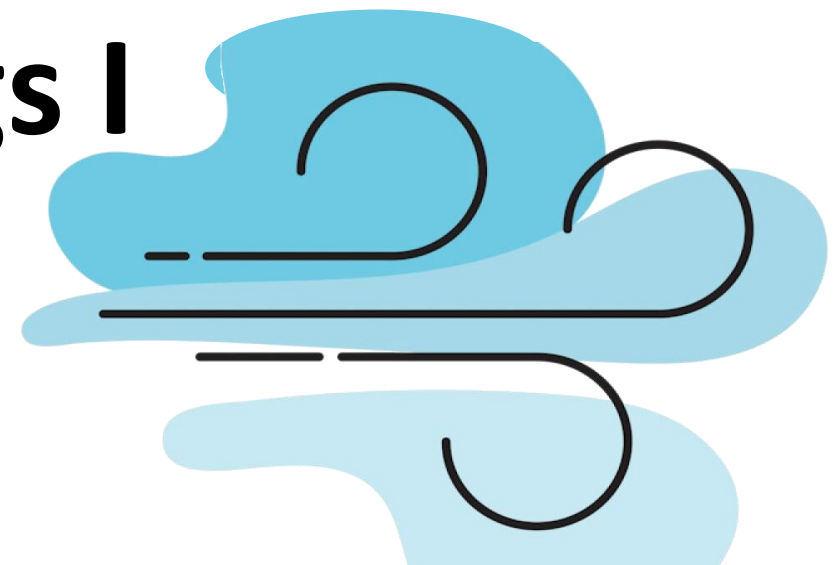
YOU;

LET GOD DO THE

UNIVERSE.

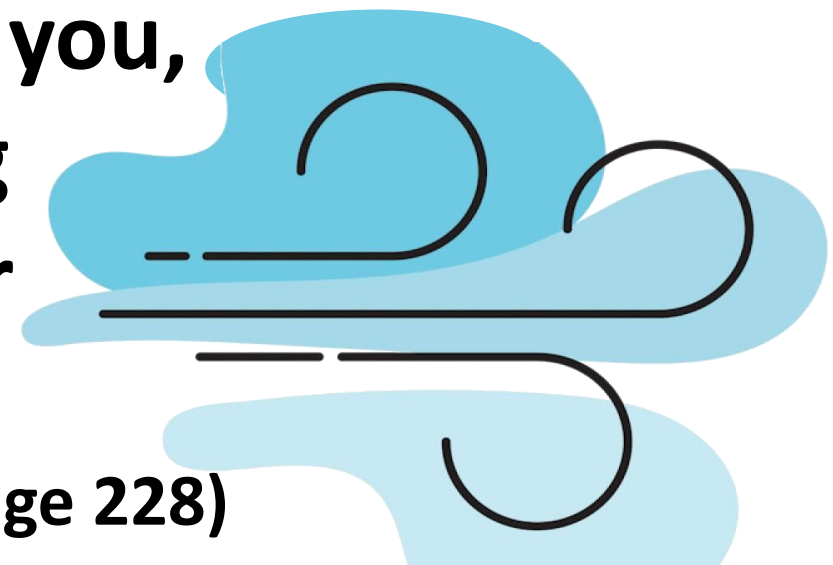


John 15:16-17 (ESV): “You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you. 17 These things I command you, so that you will love one another.”

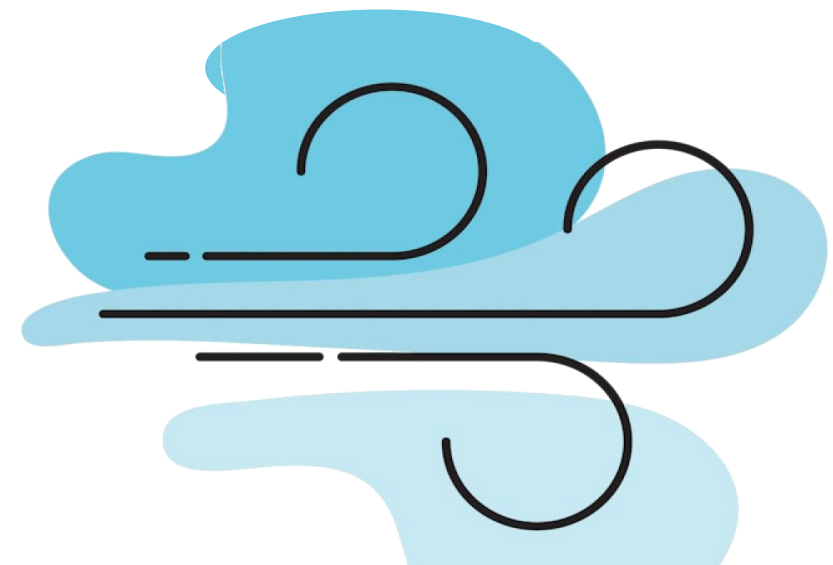


“Choosing belief comes in two parts: letting go of control and anchoring into the Source. Letting go of control is fairly self-explanatory. You must release the idea that you own your loved ones, should dominate the lives of your kids, employees, clients, or friends, or need to have input regarding all the world’s affairs. At the same time, you have to believe you are anchored into something bigger than yourself. Something that operates within you, through you, and beyond you. Something that was before you and that will be after you.”

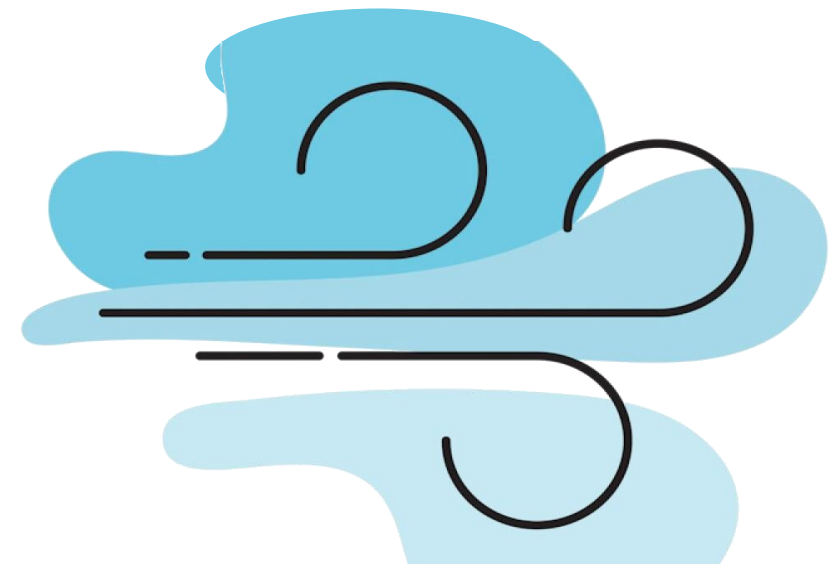
(From Dr. John Delony’s *Building a Non-Anxious Life*, page 228)



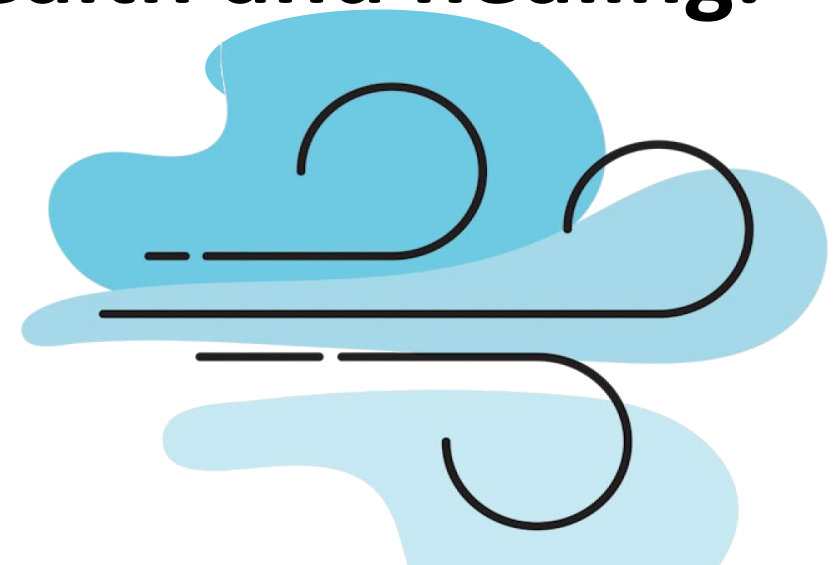
Colossians 1:15 (ESV): “He is the image of the invisible God, the firstborn of all creation.”



2 Thessalonians 3:16 (ESV): “Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.”

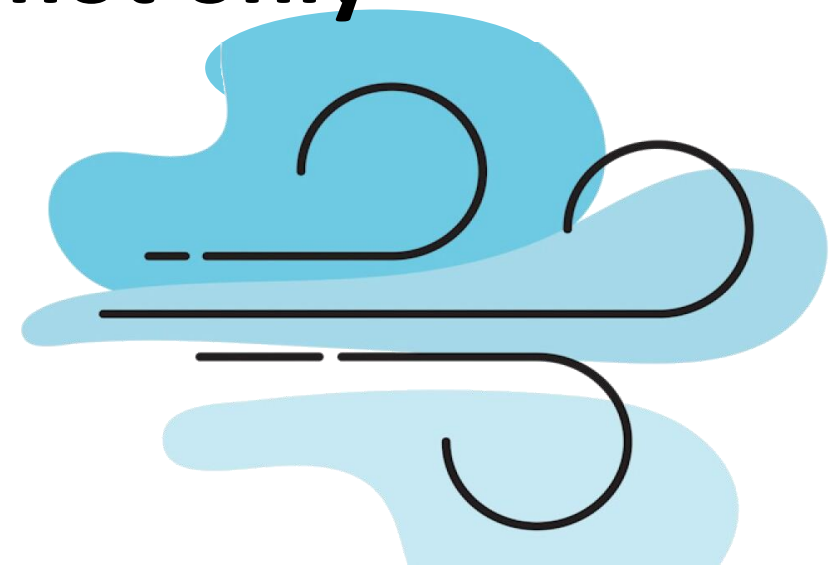


“You’re finite. We’re all finite. And if we want to finally be free of anxiety, we have to anchor in and let go. We have to believe in a higher power, the ultimate form of connection in which we are never, ever alone. There’s no question you can drastically reduce anxiety by choosing connection, choosing reality, choosing freedom, choosing mindfulness, and choosing health and healing. This is irrefutable across all layers of insight and fields of knowledge....”



“...But if you want to go all the way to truly live, build, and enjoy the fruits of a non-anxious life, you have to surrender. You must choose belief in something greater than yourself, anchoring deep into the bedrock and fully internalizing that you are worthy of love simply because you have been given the breath of life from the source, God, the creator of the cosmos. This is not only surrender, this is freedom.”

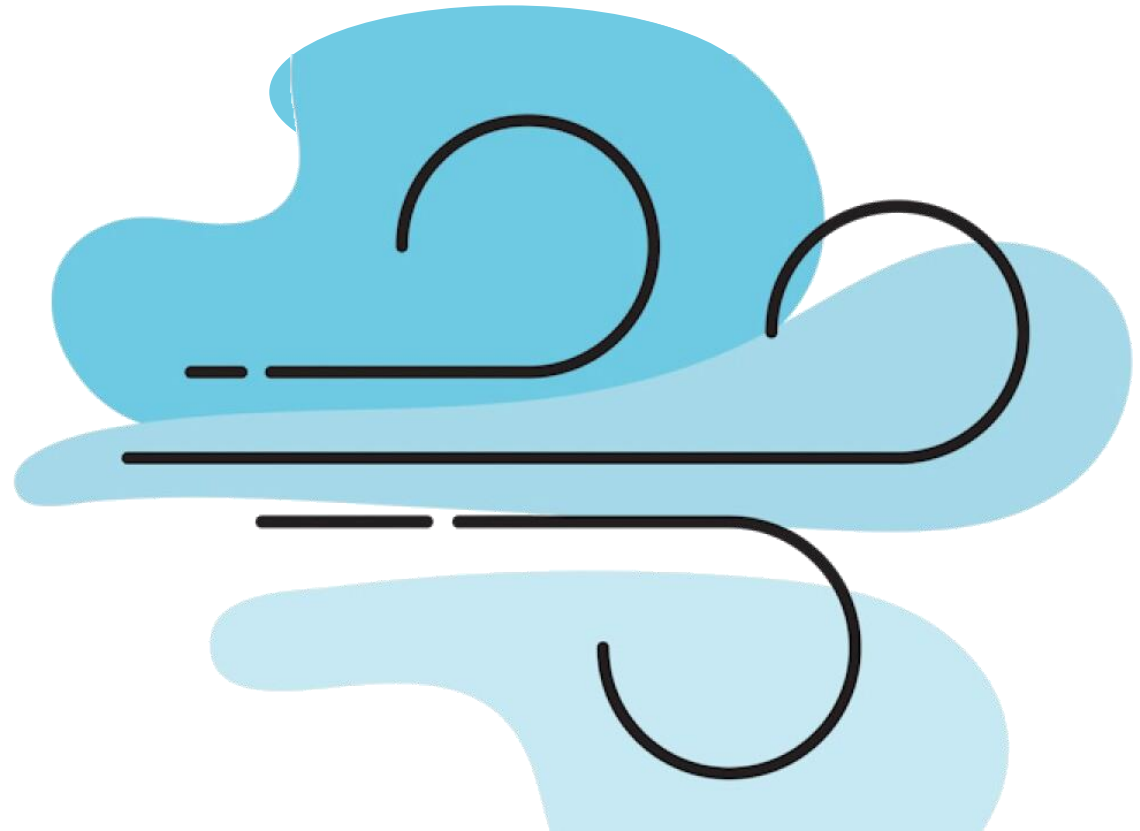
(From Dr. John Delony’s *Building a Non-Anxious Life*, page 246)

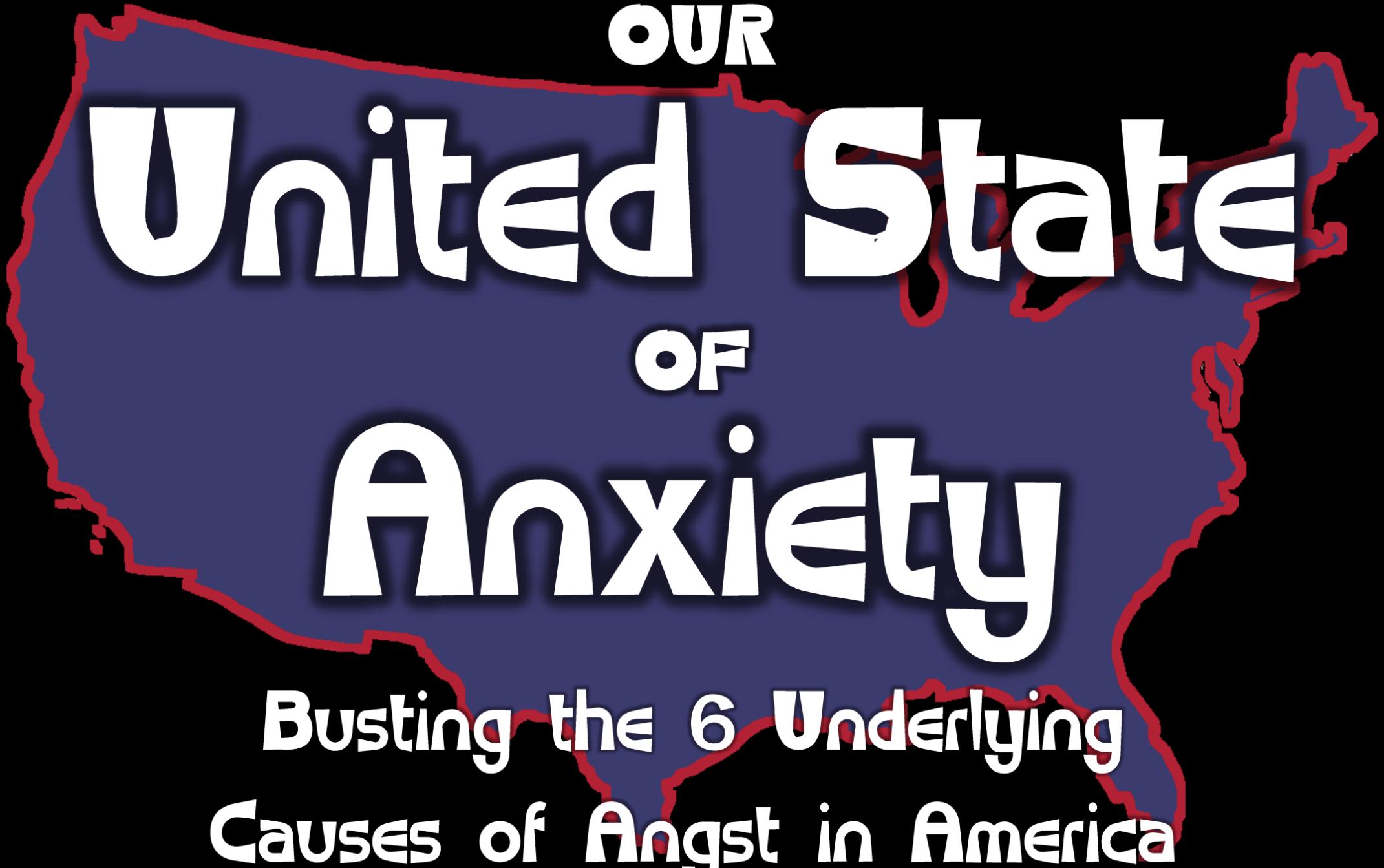


The State of Belief

1 John 4:7-18

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OUR
United State
OF
Anxiety

**Busting the 6 Underlying
Causes of Angst in America**

A dramatic scene of a boxing ring. A bright spotlight from the top left corner illuminates a small wooden stool positioned in the corner of the ring. The ropes of the ring are visible, and the background is dark and moody. The overall atmosphere is one of anticipation and solitude.

BARNABAS

EVERYONE NEEDS SOMEONE IN THEIR CORNER