

Great job team. Thank you for leading us in worship today. In case you hadn't noticed I'm not Tim Armstrong. My name is Deering Dyer. I'm the Small Groups guy here at Crossroads and on the occasions that I get a chance to speak to you, it's often times where I'm afforded the privilege to be able to bring to you what maybe the Lord's working on me or what's on my heart. I'll tell you what's the source of today's talk is that not only do I have the honor of being on staff to serve you as a congregation but also on the church's Elder Board as well. And we gather together as a board and we just want you to know that we pray for you as a congregation when we gather together for our board meetings but also when you fill out your prayer cards, your prayer request cards that are in your chair back in front of you the Elders get those prayer requests. We pray with you after 1st Wednesdays after communion. We pray for you individually. When we get prayer requests that come in from the office we pray for you. And as I read those prayer request cards the theme is unmistakable. And that there is, for many of you a sense of heaviness; a sense of angst; a sense of heavy heartedness, worry about the future; about what's going on in your lives and I just want you to know that as I pray those prayer requests and as I pray for each of you it's very clear that many of you are feeling a level of anxiety that is unprecedented in your lives.

I mean, these are uncertain times for sure and the reality is that things are different than they were just a few years ago. Even among you that happen to be fortunate enough to have a job that maybe in your mind seems secure or maybe you have a little bit of money in the bank I think if you're honest with yourself you probably feel a level of anxiety that you've not felt, maybe ever. But the reality is that life is different today than what it was even in the nineties. I mean, the nineties times were good, weren't they? Interest rates were low. Unemployment was low. Incomes were higher. Life was good. But then we pick up newspapers. We turn on the TV and we see headlines and news stories about layoffs and housing bubbles bursting and just a general malaise about what's going on in our economy.

You know, for many of you the anxiety doesn't even have anything to do with the economy. Maybe it's something else that's going on in your lives. Maybe you or somebody that you love dearly is taken ill. Maybe you've got a child that is getting ready to go to college for the first time. Maybe your marriage isn't doing well. These are all things and other things that can cause you angst, anxiety and worry. Friends, I'm here to tell you that's not what God wants for you. And we're going to look today at one verse in scripture. One verse that you have, I'm sure have recited to yourself dozens if not hundreds maybe thousands of times. And it can be found right in the middle of the Lord's Prayer, Matthew 6:11. It says, give us this day our daily bread. When you pray these seven words over and over you find that it's the key. It's really the key to battling anxiety in your life. So, that's what we're going to do. We're going to dive in. We're going to look at these seven words and we're going to find out how to do battle with anxiety.

So let's just look at the first few words in Matthew 6:11, give us this day. What does that mean? Well, when we say give us this day it's Jesus telling us that we should ask God to meet our needs for when? For today, not for tomorrow, not for the future, not for a week down the road, not for a month down the road, not for a year down the road but for today. And this teaches us, this is our first point, this is our first key to battling anxiety in our lives is that we need to trust God's will. Trust God's will. What does that mean? Well, it helps us, we need to understand in order to trust God's will that God is sovereign. We need to trust His sovereignty. What does that mean? Well, that's just saying that we understand and we admit to you Lord that you control absolutely everything. That you, oh Lord, that you superintend every aspect of everything that you ever created now and into eternity. That it means that there is nothing, absolutely nothing that is outside the scope of God's sovereignty and His will.

Trusting God's will, I think, for me and probably for you is really one of the hardest lessons as followers of Christ must learn. That God is sovereign and we are not. That God is in total control of everything and we are not. And if we're brutally honest with ourselves we usually have one eye looking on the past and the next eye looking to the future and the majority of things, most of the things we find ourselves worrying about are things that happened when? In the future, not today. But God is the only one who knows what tomorrow holds. Isn't that right? That God is the only one that can see into the future and that when we look at Matthew 6:11 and we read it maybe from how the original text shows it, it really says it this way. It says give us today the food that we need for today. Trusting God's will for today, not tomorrow keeps us in the moment. It keeps us here now and when we're here now, seeking the will of God, trusting the will of God it helps us to understand his plan and purpose for us in our lives.

As I was studying through this text my mind kept going back to Exodus 16. And in Exodus 16 we find how God provided for His people in the wilderness for forty years. How did He do it, do you remember? Manna. He provided manna from heaven, bread. Now, this was no small thing. I mean, keep in your mind for forty years God's people wandered in the wilderness. A barren wilderness. A desolate wilderness. He provided, He knew their need. He provided their need by bringing them bread every morning. And he did this for forty years for three million people every day. Every day He did it. Every day the people of Israel would wake up and like the dew, bread would be, manna would be all over the grass. Every day. And they could go out and they could gather as much as they needed for that day. When they gathered it, it filled them up for that day. If they got greedy and tried to hoard it or tried to save it for the next day it spoiled. What lesson was God teaching them? He was teaching them that He wanted them to trust Him for when? For today.

But it really wasn't about bread. And it wasn't really about the fact that they needed bread even though that was true and that was what they needed but what God was

showing them that what they needed was God. In that they needed to trust Him. When we trust God's will and ask him to meet our needs for today it's proclaiming that He is enough. It shows Him that we are willing in the moment trusting completely on Him. That we live for today because we trust Him, we don't trust ourselves. This isn't only a petition that we're praying to God, friends. It's a declaration. It's a declaration when we say give us this day our daily bread because we are declaring to God and we're declaring to anybody else who sees us that we trust Him implicitly today. And we also see that when we do that we're making a declaration of faith in that we know that God is perfect. That He is holy and that He is good and that when we trust His will we also can be reassured that His will for us is equally perfect. It's equally holy and it's equally good. There's a lot of liberty in that folks. A lot of freedom.

So, when we say give us this day our daily bread we are declaring in humility that God is sovereign. We are not. That we trust Him to provide the need that we have for today, not for tomorrow but for today and that in battling anxiety we must first trust God's will.

Next we see that we must trust God's promises. Give us this day our daily, what's the word? Bread. Bread represents the need that we have in order for us to exist as we live to fulfill God's will in our lives. You know, when I look at this text I see two things that God promise in that we know in trusting God's promises, which is our second point. Trust God's promises. I see two promises in that. God promises to meet our earthly needs. We're already in Matthew 6 in looking at the Lord's Prayers there. Let's go to Matthew 6:25-34. And that's Jesus is telling us how not to be anxious and here's what He says, "Therefore, I tell you do not be anxious about your life, what you will eat or what you will drink nor about your body or what you will put on. Is not life more food and the body more than clothing? Look at the birds of the air. They neither sow nor reap nor gather in their barns and yet your heavenly father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? Why are you anxious about clothing? Consider the lilies of the field; how they grow. They neither toil or spin yet I tell you even Solomon in all of his glory was not arrayed like one of these. But, if God so clothed the grass of the field which today is alive and tomorrow is thrown in the oven will he not much more clothe you, oh, you of little faith? Therefore, do not be anxious saying what shall we eat or what shall we drink or what shall we wear for the Gentiles seek after these things." Catch this. Here's what he says, "and your heavenly father knows that you need them all. But seek first the kingdom of God and his righteousness and all these things will be added to you. Therefore, do not be anxious about tomorrow. Tomorrow will be anxious for itself. Sufficient is the day."

You see that God will meet our earthly needs. Jesus is telling us there that living by faith, that the creator of the universe can and will meet your basic needs. He'll meet your basic needs for food. He'll meet your basic needs for clothing. He'll meet your basic needs for shelter. You just have to trust in His promise that He will meet those earthly needs. Now,

we're talking about He said He'll meet our needs but he won't meet our greed. And there is a difference there, isn't there. God knows our needs better than we do. He understands the nature of our wicked hearts better than we do. So, sometimes when we think I gotta have that, I need that, well, God knows, really what's best for us. He knows what we need in the present. He knows what we need in the future. When we begin to trust God's will and we begin trust His promises God's spirit will help us to see and to understand what needs we really have in their proper perspective. And it's important to understand that He will meet those needs in accordance to, again His perfect will.

Another example, you don't have to turn there but in John chapter 6 we see right off the bat our Jesus meets an earthly need by feeding the five thousand. Here was a multitude of people that showed up to listen to Him preach and they needed to be fed. Well Jesus fed them with the miracle of five loaves and two fish. And they ate until they were full. Sounded just like the Hebrews with their daily ration of manna. But they ate until they were full. In fact, there was food left over. He met the need. But I think that what Jesus was pointing to there was our next point, the next promise is that Jesus promises to meet your eternal need. In that same chapter, in John 6 the very next day in His teaching He goes back to that and in verse 35 He tells the people that I am the bread of life that whoever comes to me shall not hunger and whoever believes in me shall not thirst. That friends, is the greater promise that we see in this day. Jesus is the bread of life. And that life that He's talking about is eternal. That those who believe and put their faith in Jesus Christ will have that eternal life. You know, without Jesus I'm a sinful person; a dreadfully sinful person and I am doomed to eternal separation without intervening work of Christ and His work on the cross meets my eternal need for Him and for you as well.

Paul puts it this way in Philippians chapter 4, the last part of verse 5 through verse 7. He says the Lord is at hand. Do not be anxious about anything but in everything by prayer and supplication with thanksgiving let your request be made known to God and the peace of God which surpasses all understanding will guard your hearts and your minds in Christ Jesus. So, when we worry about not having a job; when we worry about being sick or people that we love and care for; worry about anything that has to do with life on this fallen planet we know that God's Word promises that, as Paul said in Philippians 4, that He is close by. He's at hand. He's coming back for us and that we're to pray to Him, telling Him what our needs are, even though He knows them but telling Him. When we tell them to Him we ask with a heart that's filled with thanksgiving and what He'll give you – He'll give you peace. He'll give you the peace of Christ. And peace, really is the opposite of anxiety. And we have peace when we accept and receive the eternal promise of Jesus Christ; that He meets our eternal need.

Right now I'm going to ask Geoff Mince to come up and join us. Geoff is going to, I think Geoff exemplifies what we're talking about here in demonstrating a proper perspective on having that peace that we're talking about and let me let you know a little

bit about Geoff. Geoff works for GM. He's worked for GM for years. Five years ago he moved up here. Their fourth move, I think, the Mince family. So, he moved his entire family up here to Mansfield, Ohio to work for GM hoping to put down roots and to finish out his career and just stay here in Mansfield. Well, we know what happened. Probably one of the things that causes the most angst in our little community is what's going on with GM. So Geoff, even before the date that they announced the closing there was rumors and that type of a thing. Why don't you just share with us, once the date became official. Was there any anxiety?

Geoff: There was a lot of anxiety. I think June 1, 2009, the day that the announcement was made just a lot of shock. I think shock is probably a good term. Fear, anxiety of ok, what does this now mean to all of us and to each of this that would be involved in this? And so, knowing that as, Deering you mentioned that we recently moved up here. We learned to love the community here. We've loved the church here at Crossroads that we've been able to a part of. Kid's have loved their school and we've even learned to love the Buckeyes. It's been a hard sell.

Deering: He's from Michigan.

Geoff: All seriousness aside though, there was a lot of fear and anxiety and even so that it started unknowingly to us. Our two kids-it started to impact them this summer in ways that we didn't even think it would. That as we started watching them and seeing that over the last few weeks and months they've kind of withdrew from their friends here a little bit and we started asking some questions as far as what was going on in their lives. We starting asking questions and you find out that they didn't want to answer the questions what's happening, you know, what's going on with your dad Geoff? Does he have a job? Are you guys staying here? Are you guys moving? And so the anxiety and the fear starting building up in them as well. So that became a teachable moment at the Mince household in terms how we began to deal with that not only with Shelley and I but then again with our kids. So yes, the anxiety level's been up there quite a bit.

Deering: So, how did you choose to deal with that anxiety. How did it manifest itself in your family and in your walk with Christ?

Geoff: I think, you know, for each of us often times we draw back from what have been taught as kids. Fortunately, Shelley and I grew up in a Christian household and so, you know, I remember back years ago. Going to Sunday night services and you know, we used to have testimony services where Godly men and women would stand up and whether it was, there were common themes. Whether it was in time of need for physical need, for health. There were spiritual needs. There were financial needs. There were needs all around and I remember the common theme back then that God's able to provide in those situations. God teaches us that He's greater than the situation that we're facing at

the current moment and so I learned a lot from those men and women that I sort of grew up around that taught me how to deal with that in my own way. And, Paul in his letter to the Romans talks about in Romans 8:28 for we know that in all things God works for the good of those who trust Him, those that love Him and are called according to His purpose. So, there's certainly some lessons there in the past that you draw upon that lets you know God may not take us out of this. We're still in the middle of it and we haven't, at least we haven't been promised a job at this point. What's going to happen in the future? So, we're waiting along with many others on what will actually take place. So, where will the Mince family be a year from now? We don't know. But we do know as we continue praying about it. We have friends prayerful about it. Our family's prayerful about it and we wait on God's timing. You talked about the peace that comes from that and it truly is a gift. As Jesus was mentioning to his disciples. My peace I give to you, I leave with you. My peace I give to you. So, He gives us peace in light of the circumstances we have. I'm thankful for that because I wouldn't want to have it any other way. So, while we wait in terms of what God has in store for us I'm thankful for the peace that He has given. And that's been, again, a teachable moment for, we hope our kids will pick up on through devotion with them that they'll learn from that as well.

Deering: Let's thank Geoff for sharing that with us today. Let me tell you a little bit else about Geoff that he wouldn't share with you but you can tell that Geoff is a person that lives his life in faith just by the way he carries himself though all of this. Geoff serves with us as an Elder Apprentice on the Elder Board and every time you talk to Geoff it's never whoa is me. It's never I'm worried. It's never... Geoff always, and I'm not kidding you, always has a smile on his face. And his eyes are always bright and you can tell, just by talking with him it's a ministry in and of itself and it's comforting because you know that Geoff trusts God's will. And you know that he also trusts God's promise that He'll meet his earthly needs. That He'll meet his eternal needs.

And that you can also know with our next point and that's Geoff trusts God's timing. And that's another way that we can battle anxiety and that's by trusting God's timing. Give us this day our daily bread. That tells us that God keeps His promises when? Daily. In the text the word daily modifies the word bread. In other words, if bread represents our needs the word daily tells us how often God can be counted on to keep His promises according to His perfect will. It's constant. It never stops. But we really do have to be careful here because casual reading of this text can lead us to believe that you know what? God will meet my needs whenever I think my needs need to be met. Well, that's not true or am I the only one that kind of experiences this cosmic inconvenience? That sometimes my timing and God's timing doesn't exactly match up. It's probably the most difficult part in overcoming anxiety and worry. Our culture though has programmed us that we need to believe catchy commercials and self-help gurus that telling us that we deserve to have it all and we deserve to have it all now. We know that's not the case.

Many of you out there are parents. When your child says they need something and wants you to get it for them do you just go ahead and get it without asking any questions? No, you don't. I've been the target. I've been to Target. I've been to the stores where you know, we're walking around and all of a sudden some child is pitching these huge fit, laying on the floor, screaming because they have this toy that they want. Do you buy it for them? No, you don't. Even though all of us around you wish that you would. Shut them up. But no, you don't. And that makes you a good parent. That makes you a good parent because you can discern properly what your child needs and when they need it. So, how much more will God know what our needs are and when we need them? See, God's timing is perfect. He knows what we need and when we need it. And so, our response to God's timing can be one of two things. We can either throw the tantrum or we can praise Him. We can glorify Him because we know that He is in control and we know that He knows what's best for us. To me the latter point seems to be the way to go there.

Now, David tells us in Psalms 68:19, blessed be the Lord who daily bears us up. That God is our salvation. God's timing is perfect and we should trust His timing.

When I don't trust in God's will, when I don't trust His promises and when I don't trust His timing I'm left with one option. I'm left with the only option that I have to take control. And that might work for a little while but ultimately the result is worry, the ultimate is anxiety because I find out what? That there are things in this world that I can not control. I can not control how other people react to things. I can not control job stability. I can't control a tanking 401K. I can't control the swine flu. I can't control any of those things. And I really believe that worry and anxiety are the rotten fruit of fallen man trying to control the uncontrollable.

I know we're getting close to the top of the hour but I do want to share a story with you that God made this point abundantly clear to me one day that He can both meet our needs and also help us to see that He can vanquished our anxiety at the same time. Do you know I bought a new house a number of years ago? Actually it's a new old house, was built in 1937. The electrical box was, let's just say in bad disrepair and I am quite possibly the least handy person that you'll ever meet. So, I'm blessed to have both a dad and father-in-law who are both very handy in their own rights and have been very helpful to Jean and I as we've gotten this house put together. But with this electrical box, thankfully Jean's father Jim volunteered to go with me to Home Depot, pick out the components that we needed for the electrical box and then he was going to install it. Great. One problem. Well, you guys have all know the investment it takes when you're moving into a new place and that type of a thing. We had paid all of our monthly bills and we had no money left. We needed the electrical box. We could either buy the box and then not eat for the rest of the month. For the whole month it would be probably pretty much Ramen Noodles and saltines and water for that month. So, I just had this unbelievable sense of angst. This anxiety because for one I didn't want my wife's father

MESSAGE TRANSCRIPTS

Series: BATTLING ANXIETY

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to think that I couldn't take care of his little girl. That was a heavy, huge burden on my heart. So, we went out and I'm pushing the orange Home Depot cart down the aisles and he's saying well, you need this. Clunk. You need this. Clunk. And he's throwing stuff into the cart and I'm thinking oh my word and the angst was just building up to the point where I was dizzy. In fact, he goes don't you guys need some paint? Here you need some paint. I'm like, no we don't need any paint. We don't need any paint.

So, finally we got the cart heaping. It's full of stuff and going to go check out and my blood, I gotta tell ya. This is no exaggeration. My blood was ice cold. And I could feel sweat on the nap of my neck but I remember distinctly saying to myself I trust you Lord. I trust you. So, I pull out my check book and my father-in-law goes what are you doin? I'm going to pay for...he goes no you're not. We're going to pay for this. This is our house warming present for you. I'm like, well, first Satan tries to derail all of this by making me be prideful – no you're not. I can do it. But then doing the math in my head, no what are you doin? So, I just immediately, well, actually I said well, hey let's go get that paint then. So, no seriously. We did, we went and got the paint. But, literally, I can't tell you the weight that was on my shoulders just fell off. In just the way that I could hear the Spirit of God telling me see, you can trust me.

Now, I know that's a small story compared to what many of you are going through. But I just want you to know that the same principle applies. That we can trust God with everything that's in our lives. That when you feel that you are captive to worry and that anxiety is just controlling your life God wants you to know that He does not want that for you and that you can pray these seven words: Lord, give me this day my daily bread. And then you know that you can trust God.

Let's pray.