



Series: The Anxiety Opportunity

Sermon: Part 3: Naming Our Anxiety and Receiving God's Acceptance

Date: Sunday, September 28th, 2025

"Rumination involves repetitive thinking or dwelling on negative feelings and distress and their causes and consequences. The repetitive, negative aspect of rumination can contribute to the development of depression or anxiety and can worsen existing conditions." (American Psychiatric Association)

When we ruminate about whatever we are worried or anxious about, we can start to identify so thoroughly with the anxious thoughts that our minds _____ with these thoughts.

He [God] brought them [the animals] to the man [Adam] to see what he would name them; and whatever the man called each living creature, that was its name. So the man gave names to all the livestock, the birds in the sky and all the wild animals. (Genesis 2:19-20)

Naming plays a crucial role in establishing two key aspects between the namer and the one being named:

1. Differentiation

2. Authority

Differentiation means to separate or to distinguish between things.

Surrendering the narratives that we allow to define us and _____ God's narrative for our lives instead.

Scripture referenced in sermon message: 2 Corinthians 12:9-10, Psalm 23:1 GNT, Isaiah 41:10

Keep this Book of the Law [Scripture] always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. (Joshua 1:8)

Scripture says to _____ on God and His Word, meaning to deeply reflect on Scripture, mulling over what God says, internalizing His Truth, and allowing what He says to impact our mind, heart, soul, and ultimately our lives and behavior.

When we turn towards our anxiety with a posture of grace and compassion, it can be a powerful catalyst for spiritual growth, a place where Jesus desires to _____ us "in here."

And a leper came to Him [Jesus], imploring Him, and kneeling said to Him, "If You will, You can make me clean." Moved with pity, He [Jesus] stretched out His hand and touched him [the Leper] and said to him, "I will; be clean." And immediately the leprosy left him, and he was made clean. (Mark 1:40-42 ESV)

Imploring, or begging as some translations say, implies that there is an _____ distress.



Jesus _____ us in our anxiety and not after we overcome it.

And Jesus sternly charged him [the leper] and sent him away at once, and said to him, “See that you say nothing to anyone, but go, show yourself to the priest and offer for your cleansing what Moses commanded, for a proof to them.” But he [the leper] went out and began to talk freely about it, and to spread the news, so that Jesus could no longer openly enter a town, but was out in desolate places, and people were coming to Him from every quarter. (Mark 1:43-45 ESV)

If he didn't see the priest, then he would have bypassed this vital stage that would have led to lasting transformation and spiritual growth as he would now be restored to true community with other people which would have contributed to his continued healing.

We can experience relief from our anxiety, whether through medication, therapies, or even by God's healing touch, but still miss the _____ to continue to seek Jesus for our deeper spiritual transformation and healing in other areas of our life.

Not only are we called to move towards God but we are also called to move towards _____.

We were never meant to do life alone and we cannot grow and mature in our faith in isolation.

Bottom Line: *When we turn towards our anxiety with a posture of grace and compassion, it can be a powerful catalyst for spiritual growth, a place where Jesus desires to meet us “in here.”*

Questions to reflect on this week or with others:

1. *Take a moment to think about something that you are currently feeling anxious about. Then ask yourself: “Whatever it is that I am feeling anxious about, what is the underlying narrative that is running through my mind that I am believing and fearing?”*
2. *Now bring that narrative to God and His Truth. What does God's Word say about the narrative you are ruminating on?*
3. *What will it look like for you practically to meditate on God's narrative for you and your life rather than ruminating on your own narrative for your life?*
4. *If church is not just a service on Sunday, how may God be inviting you to move towards deeper spiritual community as you find greater healing with Him and with others?*

Songs used in service: Behold The Lamb (Passion & Kristian Stanfill), Hermoso Nombre (Hillsong Worship), Same God (Elevation Worship), Holy Forever (Chris Tomlin), Chain Breaker (Zach Williams)

Any prayer requests?

-----Tear Here -----

Name _____ **Date:** _____ **Email:** _____

What can we be praying for you about?