



Series: The Anxiety Opportunity

Sermon: Part 5: Holding Onto Hope When We Lose Everything

Date: Sunday, October 12th, 2025

Anxiety is the fear of a future loss.

Common philosophies that try to offer perspectives on facing major loss: Stoicism, Epicureanism, Platonism

When faced with loss on Earth or even the ultimate loss of life, can we truly hope for restoration and recovery of all that's been lost?

"I am the resurrection and the life. The one who believes in Me will live, even though they die; and whoever lives by believing in Me will never die. Do you believe this?" (John 11:25-26)

Having this perspective of our future eternity encourages us not to fight (go around) or take flight (go away) in trying to avoid the losses that we face in life, but holding onto God instead and going _____ the loss with Him.

Jesus uses the word "hate" to illustrate that our love for God should be so profound and all-consuming that, by comparison, our affection and allegiance for anything else appears as hatred.

Scripture referenced in sermon message: John 12:24-26 & Luke 24:36-40

For Followers Of Jesus Physical Death Brings:

1. _____ and restoration of our body

Scripture referenced in sermon message: 1 Corinthians 15:42-44 & Luke 24:41-43, Revelation 21:5,6

2. Restoration of this _____

When Jesus says "I make all things new," it means that one day we will be free from the consequences and effects of sin and death.

This future reality, where everything on Earth is restored, is what Jesus refers to as "The Kingdom of Heaven."

3. We will see and be face to face with _____

We hold onto this hope in spite of our losses that one day we will be in God's presence, worship Him face to face, and experience everlasting joy and peace where there is no more sin or brokenness.

Followers of Jesus do not need to be anxious, not because we are exempt from loss, but because we know that we have a future home with Jesus where all will be made right.



Scripture referenced in sermon message: Philippians 3:20-21

Anxiety = Loss X Avoidance

Anxiety = Loss ÷ _____

a. Prayer

Scripture referenced in sermon message: Mark 14:36

While the desire to avoid loss in our prayers is legitimate, the danger arises when we insist on _____ as the only acceptable outcome.

This prayer of submission is the practice of entrusting ourselves and our future unknowns to our Heavenly Father regardless of whether He helps us avoid loss or not.

b. Grieving

Scripture referenced in sermon message: Mark 14:33-34

c. Community

Holding practices like prayer, grieving, and community are vital in helping us to hold onto God's hope of resurrection, restoration, and being with Him face to face.

Bottom Line: God loves us, so may we go through life with Him, surrendering to Him while enduring loss and suffering, knowing that for followers of Jesus, one day we will experience resurrection, restoration, and be with Jesus face to face.

Questions to reflect on this week or with others:

1. *What do you most fear losing?*
2. *How do you usually handle loss? What are your natural unhealthy defaults?*
3. *How does having our perspective and hope on the promises of God change our view of loss?*

Songs used in service: Firm Foundation [He Won't] (Cody Carnes), In Christ Alone (Stuart Townend), Hymn of Heaven (Phil Wickham), Behold The Lamb (Passion & Kristian Stanfill)

Any prayer requests?

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

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

What can we be praying for you about?