



**Series:** The Anxiety Opportunity

**Sermon:** Part 4: Loss and Our Avoidance of It

**Date:** Sunday, October 5th, 2025

*Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139:23-24)*

**“Anxiety formula”: Anxiety = Loss X Avoidance**

**1. Loss**

- God

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10)*

- Time

- Love

- Death

*What do I most fear losing?*

Our lives are fundamentally defined by loss, some instantaneous, while other losses unfolding over time.

Jesus offers the hope that our losses are not \_\_\_\_\_.

Grasping this hope of Jesus’ resurrection, and even our eventual resurrection for those who have faith in Jesus, is crucial for grounding us in faith while we are still here on Earth and even being able to experience spiritual growth in the face of our losses.

**2. Avoidance**

Our anxiety stems from our inherent \_\_\_\_\_ (around) or \_\_\_\_\_ (away) response.

**Flight (Away) Responses:**

- Run away from conflict and avoid certain conversations
- Addiction (social media, excessive time with a hobby or going to escapes like drugs, drinking, video gaming, pornography, excessive shopping, eating, etc.)
- Being a workaholic, always keeping busy, or being unavailable so as to not have to deal with our fears

and loss

**Fight (Around) Responses:**

- Rumination (recurring negative thoughts)
- Obsessive compulsive behavior
- Rehearsing scenarios (past, present, or future)
- Badgering others in order to get what we want
- Inability to let go

**The Anxiety Opportunity**



**1. Take steps to address our avoidance responses and find ways to \_\_\_\_\_ them**

- a. *“When it comes to this specific worry, what is it that I fear losing?”*
- b. *“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. Identifying \_\_\_\_\_ in our life and repenting of such idols**

An idol: Anything that we love more or deem more important than God. It is something or someone that we worship and give our extreme devotion and time to, even to the point where we make sacrifices for it

*Look to see if there is any idolatrous way in me, then lead me on the eternal path! (Psalm 139:24 CEB)*

*“God, what am I anxious about today? Do I value and love whatever it is that I am worried about more than I value and love You? What is my avoidance response when this idol is threatened or when I think of its potential loss? Help me to turn to You, put You first, and put You back in the center of my life.”*

Repentance is not a one time thing but a daily \_\_\_\_\_, moment by moment of confessing our sins and idols as we turn from our sins and idols and take steps to turn our heart, our mind, and our life towards going in God’s direction.

**Bottom Line:** *Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139:23-24)*

**Questions to reflect on this week or with others:**

1. *When it comes to loss in your life, is your tendency to fight (around) or flight (away)? Why?*
2. *What may be an idol in your life that God is revealing to you that is causing you continued anxiety, fear, and worry?*
3. *When you pray ask: “God, what am I anxious about today? Do I value and love whatever it is that I am worried about more than I value and love You? What is my avoidance response when this idol is threatened or when I think of its potential loss?”*

*Songs used in service: Praise You Anywhere (Brandon Lake), La Batalla [The Battle Belongs] (Phil Wickham & Christine D’Clario), Goodness of God (Rhett Walker), Song Of The Saints (Phil Wickham), Run To The Father (Cody Carnes)*

**Any prayer requests?**

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

**Name** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**What can we be praying for you about?**