

You Can

Part 2: You Can Confidently Trust

Am I trusting Jesus with every part of my life?

1 Peter 5:6-7

ME: Worry / Fear

- Kids going to school
- Churchwise- 4 yrs was a good run... it might fall apart now.
- Doing enough? Making right decisions?
- Money (not a lucrative career)

WE: Judge me if you want... But the truth is... you're afraid too... we all are.

- Finances/Debt
- Not get where you want in life... not be able to achieve anything that matters
- Work- in home or out
- Relationships
- Personal health
- Health of the country/world/society

Every part of our life gives us something to fear.

Gen Z- fear- Delayed adulthood (drivers licenses, moving out)

But think about it... **Fear is the driving force behind many of our decisions**... true for me and for you.

How we vote- afraid of where the country is headed

More often than not... it leads to most of the choices we regret.

How we use money- Fear of not being as happy as you deserve = debt

What we do with our time- Fill schedule you/your kid will miss out = exhaustion/stress

Relationships:

- Pushing people away/unhealthy relationships- Fear you will get walked on/hurt
- Poor relationship choices- Fear you'll be alone... so marry/date person probably shouldn't

Maybe you're pushing back a bit... "I'm not fearful I just have some worries" Hate to tell you this, but... Worry is just a fancy word for fear.

And **Dismissing fears doesn't eliminate fear.**

- Oh you shouldn't be afraid... You don't need to feel that way... That's not how feelings work
- Just have faith over fear

Not very helpful

Truth is... The world is a dangerous place. Many of our fears are truly legitimate. So what do we do?

We are told by many cultural influences & people: Trust in yourself. Rely on yourself. We are the masters of our fate.
(Henley's Poem Invictus)

You know what that actually produces? Anxiety, exhaustion, depression... Fear. Why? B/c we know we aren't actually that great... can't control very much at all...

Fear comes from trying to control our lives and knowing we can't.

So we feel like we only have a few choices...

Just ignore the fact that we don't have control and work ourselves to death just in case we're the first human to figure it out.

Self-medicate to numb the fear/ pain from our bad decisions

Finding an enemy to blame so it feels like we are at least putting up a fight/doing something

Stick our heads in the sand

But you know these don't work... Hasn't worked yet has it?

There's a better way. A way that has allowed millions of people for thousands of years to live lives of peace, endurance, hope despite their immediate situations.

Peter: Expert on the overwhelming nature of fear.

- Sinking in water
- Cutting guys ear off
- Deserting Jesus

Written before death in Rome around 65 AD. Learned a few things.

What it means to follow Jesus... who Jf's are, what that means, how to live in the way of Jesus.

Who you can be.

In it he shows a better way to deal with fear... **You can eliminate fear by choosing to confidently trust in Jesus**

GOD: 1 Peter 5:6

Actually opposite of what we are usually told

Instead of relying on/trusting in yourself... Peter says to humble ourselves...

It doesn't all depend on you. You're not that important, smart, powerful, talented.

As Jesus said... does worrying about anything add a single moment to your life?

You are not in control of most of the circumstances of your life.

Obviously our choices make differences. We have free will. Not going all fatalistic on you. But most of what happens to us/comes at us is beyond our control.

This might seem counterintuitive, especially if you're used to being self-reliant and independent, but...

Admitting we aren't in control of our lives relieves the burden of trying to control our lives.

B/c just admitting we aren't in control doesn't make all the fear go away does it? ...But Peter didn't stop there...

How do we humble ourselves? "Under the mighty power of God"- Means saying... "He is God and I am not"

If there is a God (I believe Jesus proved there is... and showed us who he is)...

Then he is more powerful than anything the world can throw at us.

He is the creator of time, designer and creator of the universe... more than powerful enough to handle your life and your future.

He does a far better job at mastering our fate than we can.

Admitting we aren't in control allows us to acknowledge God's control.

But we can know all the facts, we can "believe" all the right things... and still constantly cower in fear.

Example: Me when Liz pregnant. "God's going to let something happen to my family so that I can be a better pastor."

You might say... yeah I can't control very much and God's in control but that doesn't help me not fear... God allows some pretty terrible things to happen to people. To good people. Why should any of this really keep us from fearing?

We need to understand one very important thing... Something we've either forgotten or never truly believed...

V. 7

The key to overcoming fear is trusting that God cares for you.

- Cares: Phrasing= constant, on-going, unending
- **God cares for you.** Four simple words. One of the most powerful, life changing, hard to believe phrases in the history of humanity.

Will hurt still come? Will we still experience indescribable pain?

Yes. BUT---

He doesn't hurt just to hurt. Does he cause it or just allow it to happen (I don't know) but I do know...

Pain happens but he doesn't waste it... he redeems it. He makes it mean something.

It's not just pointless pain when God is caring for you.

BUT still... can believe that he cares for you and still be chained by fear...

We need to choose to **do something** with the fear...

B/c God cares for us so deeply, Peter says to "give" (better word is "Cast") our worries/cares/fears to God.

Cast- is a deliberate choice... Choosing to throw our fears to him b/c we choose to trust he cares enough about us to care about and do something about our fears.

Trusting our fears to God is a conscious and deliberate choice.

YOU: How do we actually do this?

Sometimes we have to take a big step for the little steps to follow...

Have you accepted that he doesn't hate you and isn't disinterested in what happens to you, but instead cares for you? Cares for you enough to die for you?

Jesus said he would die and rise again in order to give us a new life of freedom, forgiveness, and acceptance... and eye-witnesses tell us he actually did it.

He offers all of that to us if we just choose to trust him with our life now and forever.

He cares for YOU. He died for YOU. He rose for YOU. He invites YOU.

Choosing to trust Jesus with our Forever frees us to trust him with our Now.

Never been a specific moment... tell him now.

We take that big step and then learn to continue making the smaller steps...

Choosing to trust takes practice.

How do we practice confidently trusting?

Ask:

What is it I am actually afraid of?

- Is it worth my emotional energy and time?

What is causing this fear?

- Can I find the root problem?
- Might just need to put down phone/SM/News

Is there anything I do about it?

- What are you actually able to do in this situation?

Pray: Phil 4:6.

Don't worry about anything? Anxiety is a sin? Not talking about sin at all here BTW.

Is it even possible to not worry about anything?

Worry/Anxiety= divided mind, unsettled, confused, torn, conflicted... Root is- *"Does God really care about me or not?"*

Don't be afraid... INSTEAD... in everything BIG or small... talk to God about it. Tell him how you feel.

Tell him what your fear (he already knows, but he wants to help you with it, and telling him is the first step in this process)

But if we stop there... God help me, help me, this is so bad/big/major... help me ... oh no oh no. **The pit of despair.**

Why Paul says... Thank him. That he cares for you, listens to you.

Reminds you who is in charge and that how he has cared for you before

Then... Ask him to do it again and Ask him to help you to see and do what you can. Then act on it...

Act: Do your part

- Not just happy pappy... ignore what's going on b/c God's got it... we have a role to play
- Examples: If you're worried about money...
 - Take a real look at your finances, expenses, eliminate the waste, find ways to be generous
Side note: Money is one of the best ways to practice trust. "God I'm going to be generous and I'm going to trust you with my future needs."
People who are consistently generous are consistently at peace.
- If you're worried about the trajectory of society or that you might never make a difference? Go volunteer somewhere. Start by helping just one person and see what happens.
- Feeling alone.. Reach out, join a CG, alliance.
- Worried about kids/grandkids? Spend time with them, actually listen to them, love them... meal

Motto to live by: Do your best and trust Jesus with the rest.

And that will free you for the last part...

Live:

- Rest in the fact that God cares for you and live the life he has given you
- AND embrace that you are now free to live a life of loving others.
- **Confidently trusting Jesus empowers us to authentically connect with others.** (Next Episode)
- Prayer that has helped me fall asleep a lot in the past 2-4 years. "I've done what I can. Show me what if I've missed anything. It's your problem now. Thank you for loving me, goodnight."

Self evaluation: 1-10 Am I trusting Jesus with every part of my life?

Find it at our Alliance resources... www.yourcrosscreek.com/alliances

WE: Nobody promised our lives would be easy. Jesus promised that they wouldn't be.
This is a dangerous world and we will not make it out alive.

Choosing to live in confident trust is not easy.

Not everyone will understand.

Some people will want you to freak out with them... want you to get upset about what they are upset about, share their desperation... tell you you need to make a stand, make a different choice, etc. Tell you to band with others who share your fears in order to defeat perceived causes.

But when you choose to confidently trust Jesus... when you do your best and trust Jesus with the rest... you can have peace knowing that He is in control and will lead you to play the part he wants you to play.

We don't have to cower in fear.

We don't have to stick our heads in the sand...

Distracting and numbing ourselves in a pointless pursuit to ignore the dangers and pain

We don't have to constantly try to control what is impossible to control.

We can have peace. Hope. Joy.

YOU can live a life of purpose, meaning, and happiness no matter what is thrown at you.

You aren't in control.

Jesus is.

YOU CAN confidently trust him because he cares for you.

And you know that he will be with you no matter what this life/world brings your way.

Questions

1. What's God doing in your life & world?
2. What's your reaction to this message that you can "confidently trust Jesus"? Why do you think that is?
3. Read 1 Peter 5:6-7. When do you find it most difficult to trust that God cares for you? What would choosing to confidently trust in those times look like for you?
4. How could this week's message be applied to some of the fears you are currently wrestling with? How can your group pray for you in this?

Summary:

Every part of our life gives us something to fear. This is a dangerous world and there always seems to be something new to be afraid of. We can try to ignore, numb, or control our fear but that only makes things worse. There is a better way. A way that allows us to experience peace and confidence no matter what is coming at us.

Episode Breakdown:

00:45 Quick-fast hello


01:45 Where we go wrong


08:05 The better way to deal with fear

18:45 4 Smaller Steps of Trust

28:10 5ish News-y things

31:15 Qs and Cutz

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▶ Upcoming #SalemOregon On-Site Gatherings

September 26, 4:30pm at our new location! <https://www.yourcrosscreek.com/gathering/> for more info.

▶ #forSalem Opportunity: SEPTEMBER FOR SIMONKA

Find out more: <https://www.instagram.com/p/CT8JJU6hteW/>

Bring your items to our on-site gathering or donate directly to UGM Salem.

▶ Suggested Bible Readings:

John 10:27-29

Romans 8

▶ Music we listened to making this episode:

Diet Cig- The Unforgiven: https://www.youtube.com/watch?v=bsNatjLO_uY

Green Day- She: <https://www.youtube.com/watch?v=OnF0pkWD2Tc>

Josh Garrels- Feat Thou Not: <https://youtu.be/BvIGgVjDJJE>

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