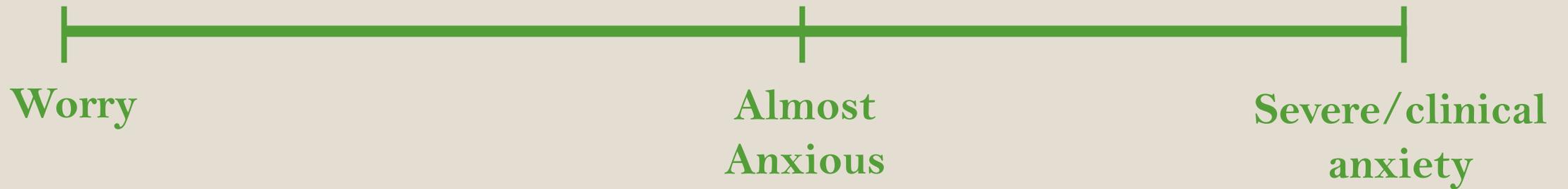


Gifts Jesus Brings

- **Advent-** 4weeks leading up to Christmas when we prepare for arrival of Jesus
- Look back to 1st Christmas to see what Jesus wants to bring into our lives today through the Holy Spirit
- **Last week: hope**
 - We can have a confident expectation of a better future because we know that God never forgets His people and never forgets His promises

Anxiety in the U.S.

- Most common mental disorder affecting 40mil Americans
- 1 in 3 teens will experience an anxiety disorder this year
- #1 reason college students seeks counseling



- Worry tends to 'stay in one's head' (thoughts) vs anxiety which is experienced in thoughts, emotions and body
- Worry tends to be temporary and specific vs anxiety which is persistent and vague

Biblical Peace

- **Shalom-** basic meaning of harmony and well-being in every area of life; right relationship with:
 - God (up)
 - Others/rest of creation (out)
 - Self (in)
- **Synonyms-** completeness, fulfillment, friendship, maturity, welfare, soundness, wholeness, tranquility, well-being, health, harmony, success, prosperity, and security



Prince of Peace

Prince of Peace

2Samuel 7.9-11: I have cut off all your enemies from before you...And I will provide a place for my people Israel and will plant them so that they can have a home of their own and **no longer be disturbed (worried/anxious.)** Wicked people will not oppress them anymore, as they did at the beginning and have done ever since the time I appointed leaders over my people Israel. I will also give you rest from all your enemies.



New Testament on Worry/Anxiety

- **Worry** - feeling of apprehension or distress in view of possible danger or misfortune
- **Matthew 6:31 and 34:** So do not worry (be anxious), saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ...Therefore do not worry (be anxious) about tomorrow, for tomorrow will worry (be anxious) about itself. Each day has enough trouble of its own.
- **Philippians 4:6** Do not be anxious (worry) about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.
- **1 Peter 5:7** Cast all your anxiety (worries, cares) on him because he cares for you.

Secures our Borders

- Psalm 16.5-6: LORD, you have assigned me my portion and my cup; you have made my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.
- Worry = temptation to doubt that Jesus has secured my borders
 - Submit situation to God and resist temptation
- Anxiety = worry + heart issue that is poked/stoked by the situation
 - Submit situation to God and resist temptation
 - Seek healing of root issue in heart through confession, forgiveness, and grieving

