





**BREAKING
THE CYCLE**

**BE STILL MY
ANXIOUS HEART**

"When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which had never happened."

-Winston Churchill

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"I come from a long line of Swedish worriers. 'Käre mej,' my Grandma Anna used to say over and over. 'Dear me, dear me.' Too high, too fast. Too much, too little. With all the potential danger in the world, there seemed to be only one response—worry. I remember lying in bed at night going over my list of fears. Somehow, as a young teenager, I had determined that the secret for avoiding trouble was to worry about it. In fact, I worried if I forgot to worry about something"

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**WORRY
FEAR
ANXIETY
STRESS**

1. Things we don't have control over —
 1. weather
 2. natural disasters
2. Things we think we have control over —
 1. kids safety, future
 2. problems we are in charge of but too big for us to handle
 - 3.
3. Things that are our own fault — Psalm 32
 - 1.

KING SAUL

Then Samuel took a flask of olive oil and poured it on Saul's head and kissed him, saying, "Has not the Lord anointed you ruler over his inheritance?"

1 Samuel 10:20

Samuel says, the Israelites have demanded a King, so God has chosen one from the tribes. So all the tribes come forward. In this method, it was demonstrating to all the tribes who God has chosen as King.

>20 Then Samuel brought all the tribes of Israel near, and the tribe of Benjamin was taken by lot. 21 He brought the tribe of Benjamin near by its clans, and the clan of the Matrites was taken by lot; and Saul the son of Kish was taken by lot. But when they sought him, he could not be found. 22 So they enquired again of the Lord, "Is there a man still to come?"

>and the Lord said, "Behold, he has hidden himself among the baggage."

>23 Then they ran and took him from there. And when he stood among the people, he was taller than any of the people from his shoulders upwards. 24 And Samuel said to all the people, "Do you see him whom the Lord has chosen? There is none like him among all the people." And all the people shouted, "Long live the king!"

**Worried and anxious
about things out of
his control.**

¹ Samuel 13:5-7 And the Philistines mustered to fight with Israel, thirty thousand chariots and six thousand horsemen and troops like the sand on the seashore in multitude. They came up and encamped in Michmash, to the east of Beth-aven. When the men of Israel saw that they were in trouble (for the people were hard pressed), the people hid themselves in caves and in holes and in rocks and in tombs and in cisterns, and some Hebrews crossed the fords of the Jordan to the land of Gad and Gilead. Saul was still at Gilgal, and all the people followed him trembling.

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Told to wait for 7 days by Samuel, and hear what God's plan was.
Worried, Stressed, fearful.

His biggest problem is that

Pressure
Expectation
Fear
Panic

How does he deal with it?

**Worried and anxious
about things he's
done wrong. Guilt.**

From Macbeth's, "Out Damn Spot" to Edgar Allen Poe's, The tell tale heart, guilt has been causing anxiousness and worry in people's lives for thousands of years. It's the fear of being discovered. The fear of doing something wrong. The knowledge of guilt. And over time, we've worked out new ways to absolve ourselves of guilt — telling ourselves, it's okay. It's not that bad. Everyone's doing it. It's not shameful. It doesn't hurt anyone. We take drugs, medication, things to take that guilt and anxiety away.

¹ Samuel 15:9 But Saul and the people spared Agag and the best of the sheep and of the oxen and of the fattened calves, and the lambs, and all that was good, and would not utterly destroy them. All that was despised and worthless they devoted to destruction.

God had commanded Saul to take out the Amelikites, but Saul, didn't obey God. He saw the spoils of the war, the sheep and the cattle, and also the

¹ Samuel 15:15 Saul said, "They have brought them from the Amalekites, for the people spared the best of the sheep and of the oxen to sacrifice to the Lord your God, and the rest we have devoted to destruction." ¹⁶ Then Samuel said to Saul, "Stop! I will tell you what the Lord said to me this night." And he said to him, "Speak."

1st Time:

¹³ And Samuel came to Saul, and Saul said to him, "Blessed be you to the Lord. I have performed the commandment of the Lord." ¹⁴ And Samuel said, "What then is this bleating of the sheep in my ears and the lowing of the oxen that I hear?" ¹⁵ Saul said, "They have brought them from the Amalekites, for the people spared the best of the sheep and of the oxen to sacrifice to the Lord your God, and the rest we have devoted to destruction." ¹⁶ Then Samuel said to Saul, "Stop! I will tell you what the Lord said to me this night." And he said to him, "Speak."

2nd Time: ¹⁷ And Samuel said, "Though you are little in your own eyes, are you not the head of the tribes of Israel? The Lord anointed you king over Israel. ¹⁸ And the Lord sent you on a mission and said, 'Go, devote to destruction the sinners, the Amalekites, and fight against them until they are consumed.' ¹⁹ Why then did you not obey the voice of the Lord? Why did you pounce on the spoil and do what was evil in the sight of the Lord?" ²⁰ And Saul said to Samuel, "I have obeyed the voice of the Lord. I have gone on the mission on which the Lord sent me. I have brought Agag the king of Amalek, and I have devoted the Amalekites to destruction. ²¹ But the people took of the spoil, sheep and oxen, the best of the things devoted to destruction, to sacrifice to the Lord your God in Gilgal."

3rd Time: ²⁴ Saul said to Samuel, "I have sinned, for I have transgressed the commandment of the Lord and your words, because I feared the people and obeyed their voice. ²⁵ Now therefore, please pardon my sin and return with me that I may worship the Lord."

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1 Samuel 15:22-23

Has the Lord as great delight in burnt offerings and sacrifices,

as in obeying the voice of the Lord?

Behold, to obey is better than sacrifice,
and to listen than the fat of rams.

For rebellion is as the sin of divination,
and presumption is as iniquity and idolatry.

Because you have rejected the word of the Lord,
he has also rejected you from being king."

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**Denial
Excuses
Not My Fault**

How does he deal with it?

DAVID

Then Samuel took a flask of olive oil and poured it on Saul's head and kissed him, saying, "Has not the Lord anointed you ruler over his inheritance?"

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How does he deal with things out of his control?

From Macbeth's, "Out Damn Spot" to Edgar Allen Poe's, The tell tale heart, guilt has been causing anxiousness and worry in people's lives for thousands of years. It's the fear of being discovered. The fear of doing something wrong. The knowledge of guilt. And over time, we've worked out new ways to absolve ourselves of guilt — telling ourselves, it's okay. It's not that bad. Everyone's doing it. It's not shameful. It doesn't hurt anyone. We take drugs, medication, things to take that guilt and anxiety away.

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And when we read this story in the Bible, we see that David seems to have this courage. he's not afraid. i mean when King Saul comes to find him, there's an opportunity to kill him, but he only cuts off a corner of the kings' robe to tell them not.

Psalm 142 With my voice I cry out to the LORD;
with my voice I plead for mercy to the LORD.
I pour out my complaint before him;
I tell my trouble before him.
When my spirit faints within me,
you know my way!
In the path where I walk
they have hidden a trap for me.
Look to the right and see:
there is none who takes notice of me;
no refuge remains to me;
no one cares for my soul.

Psalm 142

A Maskil of David, when he was in the cave. A Prayer.

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no one cares for my soul.
I cry to you, O LORD;
I say, "You are my refuge,
my portion in the land of the living."
Attend to my cry,
for I am brought very low!
Deliver me from my persecutors,
for they are too strong for me!
Bring me out of prison,
that I may give thanks to your name!
The righteous will surround me,
for you will deal bountifully with me.

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Psalm 57 Be merciful to me, O God, be merciful to me,
for in you my soul takes refuge;
in the shadow of your wings I will take refuge,
till the storms of destruction pass by.
I cry out to God Most High,
to God who fulfills his purpose for me.
He will send from heaven and save me;
he will put to shame him who tramples on me.
God will send out his steadfast love and his faithfulness

Psalm 57

To the choirmaster: according to Do Not Destroy. A Miktam of David, when he fled from Saul, in the cave.

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I cry out to God Most High,
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He will send from heaven and save me;
he will put to shame him who tramples on me. Selah
God will send out his steadfast love and his faithfulness!

My soul is in the midst of lions;
I lie down amid fiery beasts—
the children of man, whose teeth are spears and arrows,
whose tongues are sharp swords.

Be exalted, O God, above the heavens!
Let your glory be over all the earth!

They set a net for my steps;
my soul was bowed down.
They dug a pit in my way,
but they have fallen into it themselves. Selah
My heart is steadfast, O God,
my heart is steadfast!
I will sing and make melody!
Awake, my glory!

My heart is steadfast, O God,
my heart is steadfast!
I will sing and make melody!
Awake, my glory!
Awake, O harp and lyre!
I will awake the dawn!
I will give thanks to you, O Lord, among the peoples;
I will sing praises to you among the nations.
For your steadfast love is great to the heavens,
your faithfulness to the clouds.

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**Praying
Declaring
Reminding
Worshipping**

How does he deal with it?

**How does he deal
with anxiousness from
his own guilt and sin?**

2 Samuel, David see Bathsheba, sleeps with her, she gets pregnant, so to cover it up, he tries to get his soldier

2 Samuel 12:13

David said to Nathan, "I have sinned against the Lord."

Samuel confronts David, and after that, David makes no excuses — just says, "I have sinned against the Lord"

Psalm 51 Have mercy on me, O God,
 according to your steadfast love;
 according to your abundant mercy
 blot out my transgressions.
Wash me thoroughly from my iniquity,
 and cleanse me from my sin!

He's done bad stuff. But God

Have mercy on me, O God,
 according to your steadfast love;
according to your abundant mercy
 blot out my transgressions.
Wash me thoroughly from my iniquity,
 and cleanse me from my sin!

For I know my transgressions,
 and my sin is ever before me.
Against you, you only, have I sinned
 and done what is evil in your sight,
so that you may be justified in your words
 and blameless in your judgment.
Behold, I was brought forth in iniquity,
 and in sin did my mother conceive me.
Behold, you delight in truth in the inward being,
 and you teach me wisdom in the secret heart.

Purge me with hyssop, and I shall be clean;
 wash me, and I shall be whiter than snow.
Let me hear joy and gladness;
 let the bones that you have broken rejoice.

Going straight to God

For I know my transgressions,
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Hide your face from my sins,
and blot out all my iniquities.

Confession

Let me hear joy and gladness;
let the bones that you have broken rejoice.
Hide your face from my sins,
and blot out all my iniquities.
Create in me a clean heart, O God,
and renew a right spirit within me.
Cast me not away from your presence,
and take not your Holy Spirit from me.
Restore to me the joy of your salvation,
and uphold me with a willing spirit.

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Restoration

O Lord, open my lips,
and my mouth will declare your praise.
For you will not delight in sacrifice, or I would give it;
you will not be pleased with a burnt offering.
The sacrifices of God are a broken spirit;
a broken and contrite heart,
O God, you will not despise.

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Freedom in forgiveness

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus”

Philippians 4:6, 7

1st Time:

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**When you're trapped in
a cycle of worry, fear and
guilt, freedom can't
come from within.**

How does he deal with it?

Freedom comes from God

How does he deal with it?

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11:28-30

Come and be prayed for. Find forgiveness. Find restoration. Share your burden, and let your worries be taken away. Go straight to God, Confess, Declare