

Discovering God in the Psalms



“Attacking Anxiety” (Psalm 94)

INTRODUCTION

- Anxiety gives birth to sin and is sin (Matthew 6:25, 31, 34; Philippians 4:6).

EXPOSITION – 4 Weapons for Attacking Anxiety

1. By _____ About It (vs. 1-2)

2. By _____ the Sources of Anxiety (vs 3-11)

3. By _____ the End in Sight (vs 12-15)
 - Cf. Proverbs 3:11-12

 - The Sequence of Events
 - a) God allows the wicked to prosper.
 - b) The chastening of the righteous
 - c) More attentive to God’s Law
 - d) Rest

- 5 Lessons

a) God's chastening is a blessing (vs. 12a).

b) God's law is enough for us (vs. 12a).

c) Seek Him alone for real rest (vs. 13a).

d) Those who oppress you will be judged by God eventually (vs. 13b).

e) God has not forgotten you (vs. 14).

4. By _____ God's Promises (vs 16-23)

- Anxiety is the sinful failure to apply our knowledge of God's promise-keeping to particular problems.

CONCLUSION

TAKE IT A STEP FURTHER

- 1) List 3 people or circumstances that are likely to tempt you to become anxious.
- 2) What in those circumstances is in your control and what is not in your control? Go back through the 4 weapons and apply them.
- 3) Book Recommendation – *Found: God's Peace* by John MacArthur