

Made New

# Overcoming Anxiety through God's Strength

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Sermon in a Sentence: Being Made New means learning to lean on God's strength instead of our own.

Application: They say to never meet your heroes, but the truth is none of us are perfect and all of us have bad days. For some, our bad days stretch out into longer periods of time. When we are Made New by God we start to shift our thinking from having to do everything ourselves to leaning on God's strength to carry us.

Me

Perfect people with no problems

- In the Wizard of Oz, it's set up the whole time what an incredible person the "great and powerful" wizard is. In the end the whole thing is a scam.
- When Rey meets Luke Skywalker in the Last Jedi
- Doing some research, I found that everyone is human and has good days and bad days.
- Even your pastor has bad days!

Tension Set: But what if it hasn't been your day, week, month, or even your year (I'll be there for you)? God will be there for you!

**[SLIDE] We don't have to be perfect people when we serve a perfect God**

We (Exploring the tension)

We want to be made new. Some of you were saved last week, and when you went to work on Monday you faced all of the same frustrations.

- Ungrateful kids, demanding spouses, crushing debt, physical pain
- You may have wondered what difference it made raising your hand

What is the big picture (sermon in a sentence):

**[SLIDE] Being Made New means learning to lean on God's strength instead of our own.**

Ahithophel was initially a trusted advisor to King David, known for his wisdom.

He betrayed David by joining David's rebellious son, Absalom, in his attempt to overthrow his father and take the throne.

Ahithophel's counsel was highly regarded, and his defection to Absalom's side was a significant blow to David. He advised Absalom on strategies to defeat David and consolidate his power. We'll come back to this later.

David was the giant slayer, greatest king of Israel, psalmist, man after God's own heart.

What does this man of faith and power do when facing down this rebellion? He runs.

## **2 Samuel 15: 30-31 (NIV)**

**<sup>30</sup> But David continued up the Mount of Olives, weeping as he went; his head was covered and he was barefoot. All the people with him covered their heads too and were weeping as they went up. <sup>31</sup> Now David had been told, "Ahithophel is among the conspirators with Absalom." So David prayed, "Lord, turn Ahithophel's counsel into foolishness."**

- Have you ever felt betrayed?
  - A hug in the front with a knife in the back is the worst kind of attack.
- Have you felt cast aside? Powerless?
- Today we're going to look at King David's response to this circumstance

God

## **Psalm 55: 1-14**

(Summarize the text, focusing on David's emotions and feelings of betrayal)

## **Psalm 55: 16-17, 22 (NIV)**

**<sup>16</sup> As for me, I call to God, and the Lord saves me.**

**<sup>17</sup> Evening, morning and noon I cry out in distress, and he hears my voice.**

**<sup>22</sup> Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.**

- **[SLIDE] Cry out to Him in the pain**
  - Let Him know your pain and frustration, you don't have to hold it in
  - Cast, like fishing, or like throwing stuff around the room? (means to throw, hurl, or scatter)
- 3 Times a day he cries out to God.

## **[SLIDE] Trust Him in the process**

- He's walked with God long enough now to trust God is listening, but what if you're just starting?
  - First, you can only build the level of trust He has by opening up.

- Trust buckets are filled in drips. Doing the right thing consistently over time.
- Second, what do you have to lose?
  - **Psalm 23: 1-6 (NIV)**
  - **Psalm 23: 4 (NIV)**  
**Even though I walk through the darkest valley,  
 I will fear no evil, for you are with me;  
 your rod and your staff, they comfort me.**

**[SLIDE] Praise Him in the Valley**

**Psalm 34: 1-4, 7-8, 15, 17-18, 22 (NIV)**

Transition Story: How is this working in my life?  
 The Psalms became my lifeline when I was struggling

You

However, Ahithophel's counsel was ultimately disregarded by Absalom in favor of Hushai's advice.

As the conflict unfolded, Ahithophel realized that Absalom's chances of success were diminishing, and he foresaw his own downfall. Feeling hopeless, he went home, put his affairs in order, and then committed suicide by hanging himself. This event is often seen as a consequence of his betrayal and a fulfillment of David's prayer for God to turn Ahithophel's counsel into foolishness.

In summary, the relationship between David and Ahithophel went from one of trust and counsel to betrayal and tragedy, resulting in Ahithophel's eventual suicide. Absalom was later killed in battle and David was restored to the throne.

**Isaiah 40:29-31 (NIV)**

**<sup>29</sup> He gives strength to the weary and increases the power of the weak.**

**<sup>30</sup> Even youths grow tired and weary, and young men stumble and fall;**

**<sup>31</sup> but those who hope in the Lord will renew their strength.**

**They will soar on wings like eagles; they will run and not grow weary,  
 they will walk and not be faint.**

If you've been struggling, let God know your pain, Trust Him in the process and praise Him in the valley. He will give you the strength to keep going.

Altar