

Try Me – Know My Anxieties Psalm 139

Welcome back - a New Year underway. It is hard to believe it is another year. And we survived last year!

Wherever we discuss Psalms 139 --- it is always this love story of how God is with us in our worst times --
- how He understands us and how we can rely on Him to see us through.

Psalm 139:1-16

A) God _____ you better than you _____ yourself!

I guess that alone could make me anxious. HA! In truth His knowledge of you is full of love and understanding.

The problem is, we need to know Him! All our worries and anxiety come from NOT truly knowing our destiny --- our security --- our hope.

When you know the outcome is favorable, you don't worry, you don't stress; so herein lies the answer!

Anxiety: a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome. [We will be discussing *four types* of anxiety:]

Psalm 139:23-24 *Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me; And lead me in the way everlasting.*

What is David saying?

B) Our _____ creates anxiety..

Type #1 If we are sinning...

Rarely do we sin willfully as Christians and expect God to bless us. We know God's rules and expect the hammer to fall at any moment; an uncertain outcome.

Many of our anxieties come from expecting to get what we deserve.

Ephesians 2:8-9 *'For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast.'*

They say grace is NOT getting what you deserve. I can't tell you how many times I didn't get what I deserved.

#2 Things out of our control...

For us control freaks, not being in control is definitely an uncertain outcome because of the things we cannot control.

Health, other people, consequences for bad decisions, the inevitable - more - other people...

Why do uncertainties cause us so much anxiety? *Because we have forgotten what is certain.*

Hebrews 13:5-6 *'Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you." So we may boldly say: "The Lord is my helper; I will not fear. What can man do to me?"'*

No matter the outcome, we will be fine. It is getting to the place where we have acceptance of any outcome... Is God worried?

Philippians 4:11-13 *'Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.'*

Listen to these words...

#3 Past experiences...

Sometimes anxiety comes from remembrance of things from our past.

Think P.T.S.D. or any emotional trauma or emotional loss. Truly these things stem from an absence of a total healing.

We become anxious over fear. Fear of a recurrence or an emotional scar that rears its ugly head. Fear of failing life without certain people or memories of how we used to do this or that.

Sometimes medication is needed for extreme cases. But know this – God can heal us. When these memories arise, we must get centered in Christ to overcome the fear.

II Timothy 1:7 *'For God has not given us a spirit of fear, but of power and of love and of a sound mind.'*

#4 Change! Fear of the Unknown...

Change causes us more anxiety than we may realize. From the large – change in job, house, partner – to the minor – a change in some plans we have made. The indecision can kill us. Change is not always good, but change is inevitable. But God says in **Malachi 3:6**, *“He does not change”!*

Which brings us back to the beginning of this message. Our anxieties stem from our lack of understanding God. David spends all this time musing over how God knows Him perfectly then ends with *“Try me, Know my anxiety.”*

What is he really saying? He is saying you know me Lord, yet I am anxious. I need to know You. So show me where I can improve and then lead me.

The last verse, *“Lead me in the way everlasting”!*

Eternal Life – Salvation – our living hope. God does know you and does understand you. But do you understand Him?

John 16:33 *These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.*

In this world you will have trouble, yet Jesus promises perfect peace. Do you know God has overcome the world and therefore everything that could trouble you?

When anxiety rises, what type is it?

- #1 Personal sin**
- #2 Things out of my control**
- #3 Past experiences**
- #4 Change – Fear of the unknown**

I invite you today to join me and ask the Holy Spirit to intercede --- that you would put your confidence in Christ and experience the peace of God.

Let's pray.

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