**Notes for Attacking Your Anxiety (Luke 10:38-42)**

February 16, 2025

Introduction:

Anxiety is like a “service engine now” light. It tells you that there is something wrong, but doesn’t tell you what is wrong.

1. The Swath of the Malady
* Anxiety is a natural response of unease, worry, fear or apprehension to perceived danger or stress.
* Presence of anxiety in Martha indicates that this is not a new or unique problem.
* Issue is universal. Everyone deals with anxiety in some measure.
* Anxiety, at appropriate levels and properly managed can be good.
	+ Common levels can alert you to dangerous situations.
* We must differentiate between common and clinical.
	+ Difference determined by intensity, impairment, and duration.
	+ DSM-V typically see it as prolonged condition of at least six months.
	+ 19% of adults in United States are believed to deal with anxiety disorder.
* Situation could be stressful in physical sense. Martha is hosting for a group of likely 15 or more.
1. The Symptoms of Mismanagement
2. Distraction
* The Greek word means to be pulled apart in different directions.
* She was distracted by serving. It is a case of a good thing becoming a source of anxiety.
* Anxiety affects our perspective. It makes us misappropriate importance and scope.
1. Displeasure
* Anxiety steals joy.
* She ruminates on her situation and it causes her to start seething.
* Anxiety will turn blessings into burdens, privileges into problems, opportunities into obligations.
* It will steal your joy- and the joy of those around you.
1. Detonation
* Building pressure without relief with cause an explosion.
* Her anxiety led to anger and that anger into an emotional outburst.
* At that moment, she didn’t recognize who was in the room or who she upset in the process.
1. Doubts
* Her outburst demonstrated the change in her thinking.
* She doubts Christ’s concern for her if He would allow her to suffer without support.
* Anxiety will cause us to doubt God’s character.
* Anxiety will cause us to doubt the heart of those around us.
* Give Martha credit for recognizing Jesus as Lord. She recognized His Lordship but lost sight of His love.
1. Demands
* Anxiety caused Martha to misappropriate authority in that case.
* She made demands of Jesus and those in the room.
* It is a case of triangulation. (It should be between her and Mary)
* Our problems are not just with anxiety, but in particular when we mismanage it.
1. The Solution to our Mess
* It is not spiritual to merely identify a problem. We must find a solution and help in it.
1. Confront it with serious compassion
* Jesus repeats Martha’s name twice. There are two reasons:
	+ It demonstrates compassion.
	+ It draws attention.
* Jesus didn’t mock the attitude. He lovingly confronted it.
* Before the confrontation and correction, He evidenced compassion.
* Show compassion to others when anxious.
* Show compassion to yourself when you are battling anxiety.
1. Confront it with straightforward conversation
* Jesus didn’t pretend that there was not a problem.
* He recognized the root of her problem. It was not the meal. It was deeper.
* He recognizes that this is a pattern for her. “…troubled by many things”
* Often, we need the outside perspective of another to help us see what is really wrong.
* We cannot get the conversation before the compassion.
1. Confront it with spiritual care
* Reiterate the holistic nature of life (physical, mental, emotional, spiritual)
* Confronting something with spiritual care doesn’t mean you abandon practical solutions
	+ God leads to you a wise counselor
	+ God leads you to a discerning doctor that prescribes meds
	+ God leads to you diet and exercise changes to help with your condition
* God is the author of wisdom, the giver of knowledge, and the preserver of life. Any answer can have spiritual elements and connotations.
* While you are seeking help, don’t neglect the spiritual components.
* Mary chose the good thing. What was that?
	+ Jesus. She chose His presence over performing for Him.
* Philippians 4:6-7- most popular verse on YouVersion in 2024.
	+ “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 understanding, will guard your hearts and minds in Christ Jesus.”
* When I am overwhelmed I run to Jesus. When I feel alone, I sit at the feet of Jesus. When I am frustrated, I bring it to Jesus.
* He will guard my thoughts and my emotions that I am battling.