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"HOW TO LIVE BY GRACE"

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2 CORINTHIANS 12:9-10 (NASB)

TRUTH: You and I can find rest in God's grace.

I. THE PHYSICAL SIDE OF ANXIETY AND DEPRESSION

TRUTH: Depression and emotional distress can be caused by chemical imbalance that requires medication.

II. GOD'S ANTIDOTE TO ANXIETY

INSIGHT: God's antidote to anxiety is grace.

How do you walk in God's grace for life?

1. **G**ive up trying to control your life.

PROBLEM: Most of life is out of our control.

QUESTION: What is it called when I try to control people in my life? Playing God.

TRUTH: The root of anxiety is trying to play God and control everything (Psalm 46:10).

TRUTH: Grace means I place my life under God's control and find rest.

*The answer to your stress and anxiety and depression: Yield your life to God's control.

2. **R**est in God's approval (Ephesians 2:8).

TRUTH: Salvation is by grace through faith, not works.

TRUTH: The Christian life is a matter of grace, and every blessing God gives is by grace. God wants us to obey Him not to gain His approval, but because we love Him and out of gratitude want to follow Him.

3. **A**ccept God's power.

TRUTH: When we feel powerless, we get anxious.

TRUTH: It's not willpower but God's power that answers the challenges of your life (Galatians 3:3).

TRUTH: God gives grace only to the humble: those who admit they need to change.

4. **C**ast your problems on God by prayer (1 Peter 5:7).

TRUTH: You don't cast your cares on God till you let go of them.

INSIGHT: There are two circles in the life of every believer: a worry circle, and a prayer circle.

INSIGHT: 2 Corinthians 12 reveals the existence of sustaining grace.

5. **E**xcel in giving grace.

TRUTH: If you expect perfection from others, you'll always be stressed.