

September 17, 2023
Sixteenth Sunday in Kingdomtide
Freedom from Your Fears
God's Answer to Our Anxieties

TODAY'S MESSAGE: "The Paralysis of Analysis"

Scripture: Romans 8:1-15 (Common English Bible)

¹So now there isn't any condemnation for those who are in Christ Jesus.

²The law of the Spirit of life in Christ Jesus has set you free from the law of sin and death. ³God has done what was impossible for the Law, since it was weak because of selfishness. God condemned sin in the body by sending his own Son to deal with sin in the same body as humans, who are controlled by sin. ⁴He did this so that the righteous requirement of the Law might be fulfilled in us. Now the way we live is based on the Spirit, not based on selfishness. ⁵People whose lives are based on selfishness think about selfish things, but people whose lives are based on the Spirit think about things that are related to the Spirit. ⁶The attitude that comes from selfishness leads to death, but the attitude that comes from the Spirit leads to life and peace. ⁷So the attitude that comes from selfishness is hostile to God. It doesn't submit to God's Law, because it can't. ⁸People who are self-centered aren't able to please God.

⁹But you aren't self-centered. Instead you are in the Spirit, in fact God's Spirit lives in you. If anyone doesn't have the Spirit of Christ, they don't belong to him. ¹⁰If Christ is in you, the Spirit is your life because of God's righteousness, but the body is dead because of sin. ¹¹If the Spirit of the one who raised Jesus from the dead lives in you, the one who raised Christ from the dead will give life to your human bodies also, through his Spirit that lives in you.

¹²So then, brothers and sisters, we have an obligation, but it isn't an obligation to ourselves to live our lives on the basis of selfishness. ¹³If you live on the basis of selfishness, you are going to die. But if by the Spirit you put to death the actions of the body, you will live. ¹⁴All who are led by God's Spirit are God's sons and daughters. ¹⁵You didn't receive a spirit of slavery to lead you back again into fear, but you received a Spirit that shows you are adopted as his children. With this Spirit, we cry, "Abba, Father."

~ SERMON NOTES ~

The noted psychologist Eric Erickson contends that the most basic need we have as human beings is the development of a sense of peace and trust.

But what does this mean in practical terms? What are some practical steps each of us can take?

1. Focus _____.

We are often crippled by the mistakes of the past. We lie awake at night reliving past humiliations, anticipating the consequences of past misdeeds, and regretting the tragedy of missed opportunities.

2. Control _____.

So many of us are missing the joy of living because mentally we are living in the past. Focus on today and place yesterday in God's care.

3. Look _____.

Think about God's goodness rather than the frailties of your own flesh. Do not be enslaved to your fears any longer. Let Christ help you break those chains with a new spirit of trust, hope, joy, and love.

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