



Being Stable During Unstable Times!

Philippians 4:4-9



Observations

- Since around the beginning of 2020, a consistent phrase has been part of our vocabulary ...

“The New Normal!”

When will it occur?

What will it look like?

How can we avoid chronic anxiety or depression until we reach it?

What can help us remain stable in times of instability?

It is very important to trust your Christian Faith during these times; Hebrews 11:6; Job 2:10 “..shall we accept the good from God and not trouble?”

We Can't Play the "What-If" Game!


- "What if I lose my job?"
- "What if I get the virus or a variant of it?"
- "What if my children get the virus?"
- "What if I don't get vaccinated?"
- "What if I get vaccinated and still get sick?"
- "What if I get quarantined—will I be labeled?"

The Problem with the "What If Game" is:

- We tend to make the unlikely "what-ifs," probable outcomes, and thus we live in fear
- The Uncertainties + Fear = Recipe for Instability! (We subscribe to Murphy's Law)

This Begs the Question:

On What is My Security Based?

- If I base my security on my job, I'll panic when change happens**
 - If I base my security on my bank account, I'll panic when it drops down considerably**
 - If I base my security on my health, I'll panic when my health is in question**
 - If I base my security on my relationships, I'll panic when they are threatened**
 - If I'm used to a predictable life, I can get overwhelmed if it's changed suddenly**
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Our Security Should Be Based On God's Faithfulness!

... Some trust in chariots and some in horses, but we trust in the name of the Lord our God."

Psalms 20:1

- **Whatever we trust in, outside of God, is insecure**
(Regions, Fidelity, Prudential, Our Health, Our Physicians, Our Relationships)
- **Only the Lord Provides Definite Security**
- **He will help us deal with unstable, insecure situations**
Philippians 4:19
- ***"If you faint in the day of adversity (under pressure) your strength is too small."* Proverbs 24:10**



“This To Shall Pass,” But In the Meantime:

#1 Focus on the Positives

- If we consume ourselves with what is wrong with the world, we will fail to see what is right

“Let your conversation be without covetousness; be content with such things as ye 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 me?” Hebrews 13:5-6

- We are concerned, but we still have food, clothing, shelter, etc., *“And having food and clothing, with these we shall be content.” 1 Timothy 6:8*
 - Birthdays still occur, Holidays, Graduation Ceremonies, Employment Opportunities (God is still on the Throne!)
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#2 God is Present With Us Even When We Slip

When I said, “My foot is slipping,” your unfailing love, Lord supported me. When anxiety was great within me, your consolation brought me joy.” Psalms 94:18-19

- Admittedly, during this pandemic, we can lose our emotional balance (suicides have increased since 2020)
 - Our confidence in God can be shaken by the “invisible enemy.”
 - Unhealthy instinctive concerns can become a “pattern of thought”
 - David says, when this occurred with him, the Lord held him up (*you supported me*) God’s *LOVE* is an action word, not a “warm and fuzzy feeling” John 3:16
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Is It Hard to Believe That David Suffered From Anxiety?

- Isn't this the guy who killed Lions and Bears?
- Isn't this the guy who killed a 9-foot-tall Giant?
- Isn't this the King for whom there was a song of accomplishments:

“Saul has slain his thousands, but David his ten thousands.”

- The point is, if David can be affected, though his Godly closeness and accomplishments were evident, so can we!

Peter Is Another Disciple That Had Some Anxious Moments

- Remember when Peter was walking on water with Jesus, and started to sink? (Matthew 14:28-32)
- The Bible tells us that he became stressed by the environment (boisterous wind and waves), after being told to get out of the boat and walk on the water
- While walking toward Jesus, he took his eyes off of Him (He who made the great confession, Matt 16:16)
- It's possible for us to take our eyes off of Jesus while walking with Him
- When our eyes leave Jesus and focus on the empty store shelves, the shaky job situations, not being able to go places or do things, or the every day viral statistics and graphs; we panic

Peter's Stress Reminds Us of These Truths:

The “*When We Will Make It Back To The Boat,*” Idea In Our Lives, Isn't Ours To Know, Matthew 14:32

The “When Will The Wind Die Down,” Idea Our lives, Isn't Ours To Know

Don't Get Caught Up In Predictions (It's God's timing)

Remember That God Is With Us! Romans 8:31

We Need to Plan and Be Prepared

Not Panicked and Scared!

- **During times of instability, God has been known to use Himself, His word and His people to Help Us (Psalms 91)**

God's Word is Helpful to His People

“Rejoice in the Lord always; and again I say, Rejoice.

Let your moderation be known unto all men. The Lord is at hand (near).

Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your request be made known to God.

And the peace of God, which passeth all understanding, shall keep (guard) your hearts and minds through Christ Jesus.”

Philippians 4:4-7

Remember:

- To rejoice! (even if infected) Paul even says it twice
- To Let your moderation (gentleness) be evident to those around you . In a time of stress, with people with their nerves “on edge,” what a great time for your Christian testimony and spirit to shine.
- To Be God’s “example for behavior” during the pandemic
- That the Lord is not absent (but near), close by. Therefore, there is no reason to “lose it!”
- Finally, to keep your prayer life going. Keep the communication line open to God for your safety and health, and for the safety and health of others
- Live righteously so that your prayers are heard. 1 Peter 3:12, *“For the eyes of the Lord are over....”*

The Plan of Salvation

Hear the Gospel

Acts 15:7

Believe the Gospel

Acts 15:7

Repent of Sins

Acts 17:30

Confess Christ

Acts 8:37

Be Baptized

Acts 8:38

