



Anxiety: Our Dilemma with Sin

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John 9:1-7

9 As he went along, he saw a man blind from birth. **2** His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” **3** “Neither this man nor his parents sinned,” said Jesus, “but this happened so that the works of God might be displayed in him. **4** As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work. **5** While I am in the world, I am the light of the world.” **6** After saying this, he spit on the ground, made some mud with the saliva, and put it on the man’s eyes. **7** “Go,” he told him, “wash in the Pool of Siloam” (this word means “Sent”). So the man went and washed, and came home seeing.



The Man Born Blind

- He was BORN blind
 - Why? We like simplicity
 - But the world is broken
 - Jesus redirects the question
 - How can we do this?

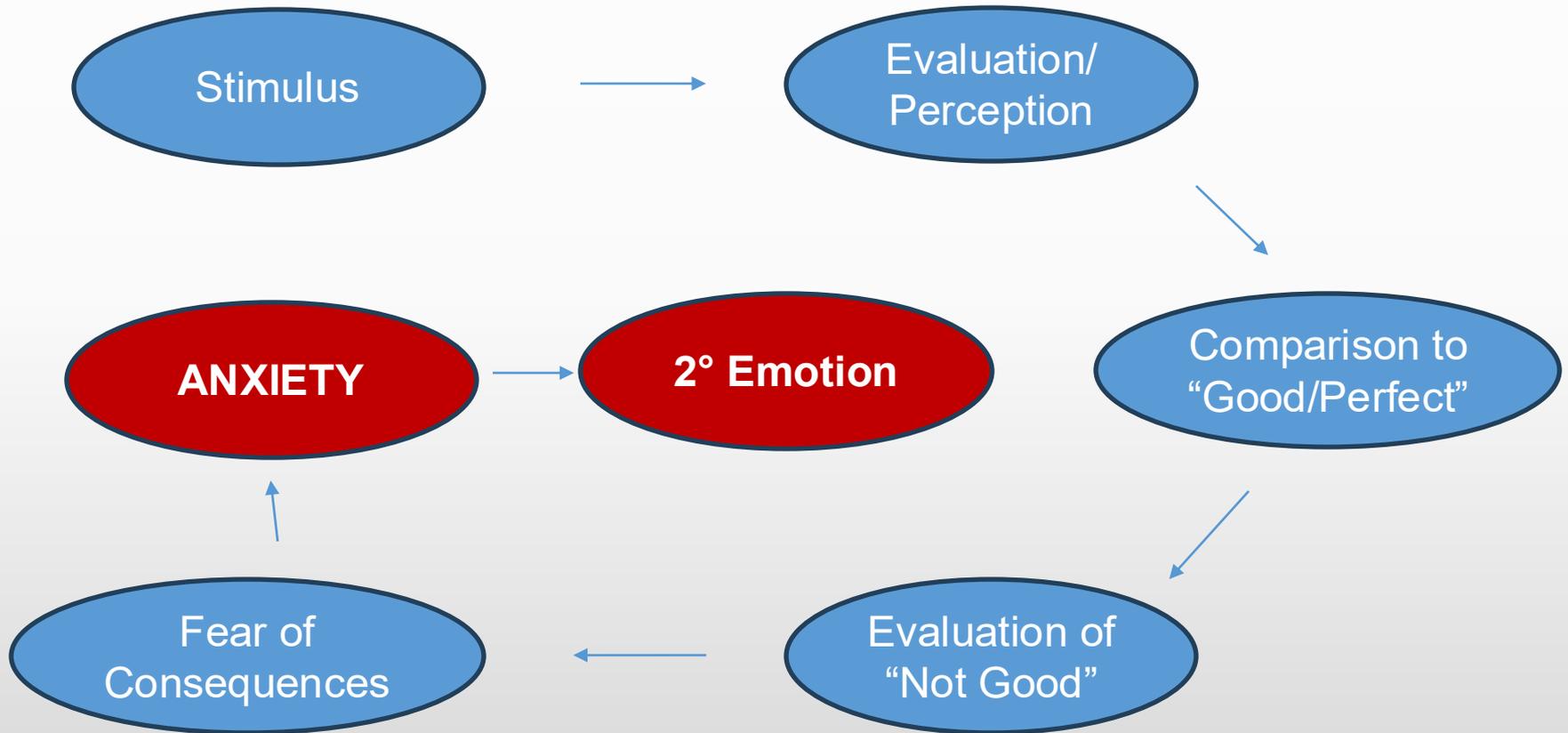


The Nature of Anxiety

- We have a picture of perfection (God given)
- But reality is different

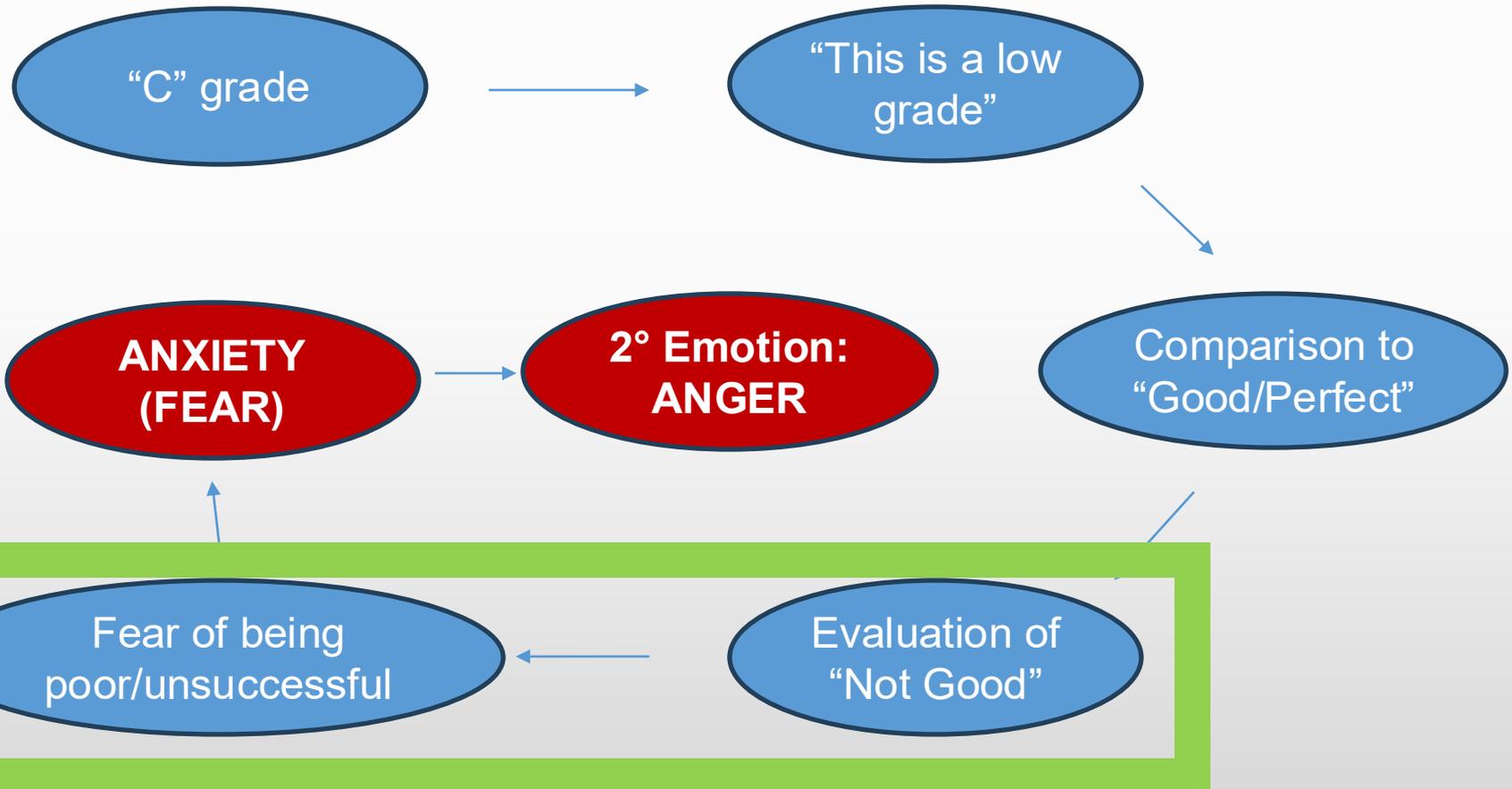


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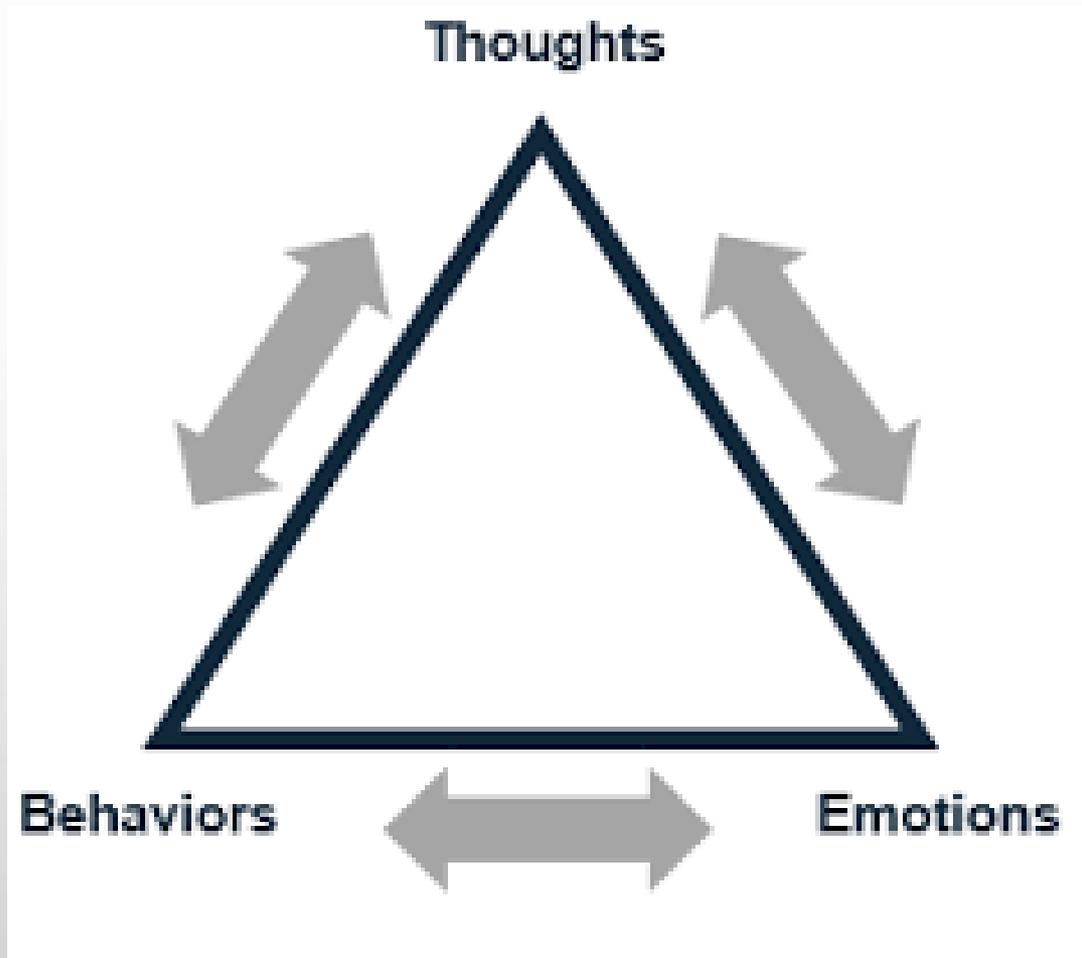


Jesus Redirects the Question

- How can the glory of God be revealed?



The Cognitive Behavioral Triangle



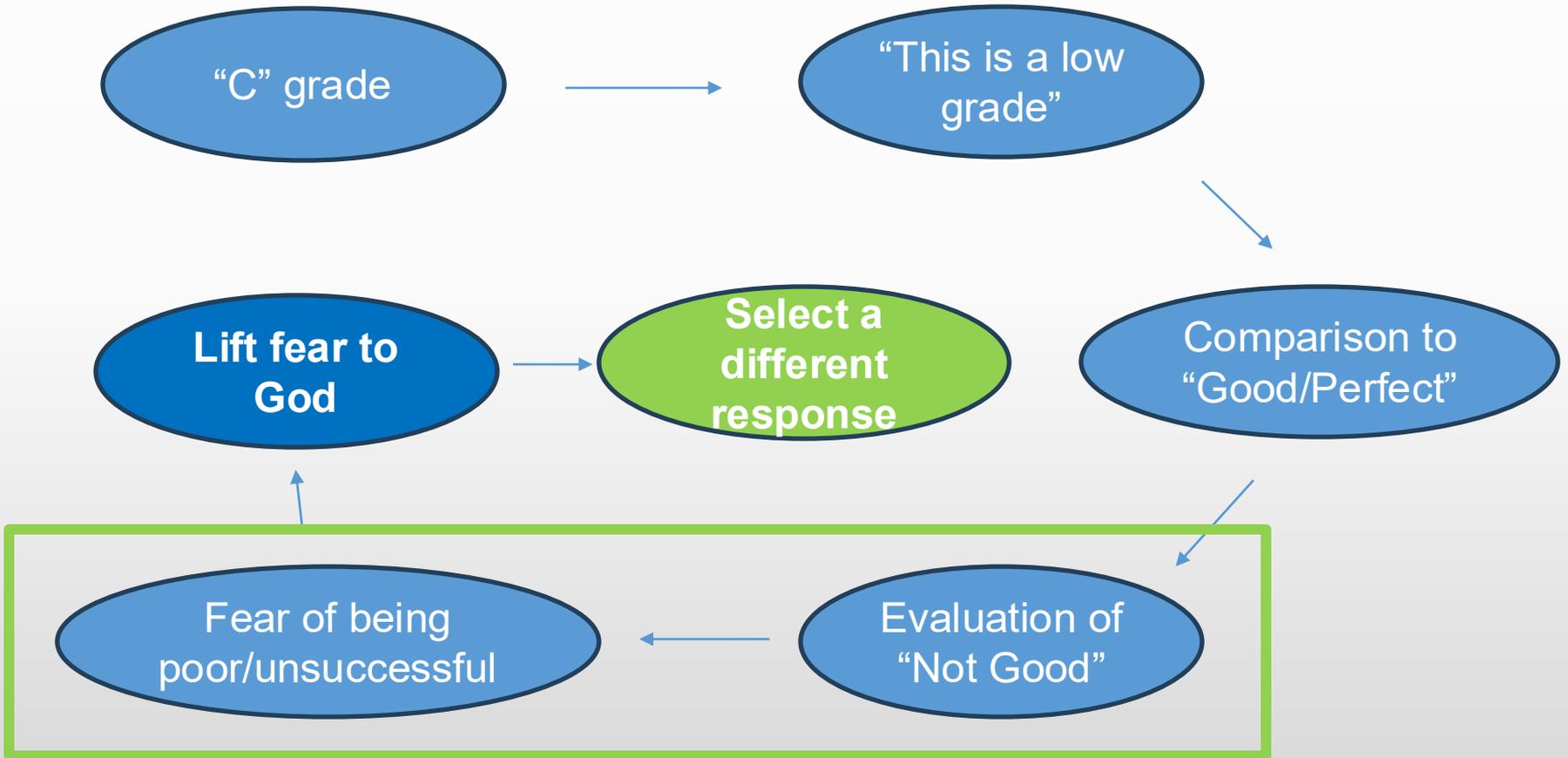


Redirecting Your Thoughts

Original Thought	Alternative Thought
“A “C” grade is a slippery slope to failure”	“There is an opportunity to trust God and learn how effort can have good results”
“My son yelled at me because he is disrespectful and 没出息”	“My son is angry because he’s afraid I don’t trust him and won’t let him make his own decisions.”
“I should tell my daughter what to do otherwise she will make a bad decision and fail”	“I could trust God and allow my daughter to learn/practice how to make good decisions”
“Failure is bad and should be avoided at all costs”	“Failure in this case is not as serious as I fear, and is an opportunity to trust God and grow”
“She said that because she doesn’t like me and is a horrible person”	“She does not understand the situation fully and was commenting based on the incomplete understanding. There is an opportunity for me to explain my perspective in a way that she might understand.”



Jesus' Perspective





Heaven is in Heaven

- No heaven on earth
- Sin is real and the brokenness exists in all of us
- John 16:33
- **“I have** told you **these** things, so that **in** me you may **have** peace. In this **world** you will **have** trouble. But take heart! **I have overcome the world.”**