

Our normal answer when asked, “How are you? Is FINE.” Pfffffft. (Most of us are far from fine but are afraid to admit that we do not have it all together on our own.)

Us with God. Our choice. Your choice.

What prevents you from choosing God? If you’ve never chosen Him, what are the things that are keeping you from choosing Him? If you have already chosen Him, what were the things that kept you from choosing Him?

For my brothers and sisters in Christ, there are still things that keep you from choosing Him yesterday and today. You know what I’m talking about; fear, worry, and anxiety.

- What do we fear?
- What do we worry about?
- What are we anxious for?

When we choose these things, we are choosing to ignore the One who saved us, we are choosing to be alone with our thoughts.

We want freedom and independence for ourselves but frequently at the cost of our relationship with God. How might independence actually lead us farther from God?

- Satan wanted independence, Adam and Eve wanted independence, the human heart yearns for independence yet the catch is this: **we only achieve true independence from that which enslaves us (sin) by complete dependence on God.**
- When we make a declaration of dependence on God, we gain freedom from sin but at the cost of our individual freedoms; **we put to death our old selves along with Christ.**

Read *Romans 6:6–14*

We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin. Now if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. For the death he died he died to sin, once for all, but the life he lives he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus. Let not sin therefore reign in your mortal body, to make you obey its passions. Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. For sin will have no dominion over you, since you are not under law but under grace.

Us with God means that we are living as Christ lived, for the same purposes and with the same expectations under the same dependence on the Father.

By the way, "...not under law but under grace." That means nothing you do, no checklist you adhere to or keep will give you freedom except by only what God has done and through the grace He gives will you be truly free.

So how then should you live? What does an utterly dependent and free person look like?

Guilt is permanently temporary – before your relationship with Christ your guilt just lies there. Bad guilt does not stick to a believer.

Shame becomes something you can unchoose – in a shame and honor culture, if you are shamed, you cannot undo it yourself. As believers we can now lay our shame at the foot of the cross.

Worry should only remind you of your amnesia – let your worry remind you of the constant working of God in our lives. (needing constant reminder of God's faithfulness and work in your life.)

So how do we conquer worry/anxiety? How do we avoid feeling so alone?

We all need to hear this statement of reassurance from our Father:

"Everything is going to be OK." (Not necessarily prosperous, fabulous, or famous, but definitely OK.)

We fear, worry, and are anxious when we forget that God is sovereign and in control. He will make everything OK. Your situation or even season of life right now may be hard or close to unbearable, but He will make it OK.)

Are you willing to be okay with God's okay? What might that look like in your life and current situation?

"Let not sin therefore reign in your mortal body, to make you obey its passions..."

This includes the "passions" of fear, worry, and anxiety. When we let God reign instead of sin, we no longer obey those passions; we remind ourselves of God's faithfulness and trustworthiness.

Us with God.

If you aren't with God, here are some reminders of why Jesus came to the earth as a man:

- To be the final sacrifice
- To give you eternal life
- To give you freedom from sin
- To give you forgiveness
- To destroy the works of the devil
- To give you abundant life
- To teach you about His Grace
- To be an example of how to live

Allow people to share their prayer concerns and close your time in prayer.