

Happy Easter! Happy Resurrection Day! Today we are celebrating the resurrection of Christ Jesus and launching a new series titled **“Anxious No More!”**

Anxiety is running wild in our society right now and many of us here today are dealing with anxiety in one form or another.

This is what makes the work that Jesus did on the cross- His death, burial, and resurrection- even sweeter! Because of the resurrection, we have hope that we will not be in a state of perpetual anxiety but will work through it and will one day say, *“I was trapped in anxiety, but now, I am **Anxious No More!**”*

Anxiety is not a sin, so don't get anxious that we are talking about anxiety.

Anxiety is a powerful emotion that can cause extreme uneasiness, fear, and even physical problems. Anxiety is not a sin, but if not dealt with, anxiety can lead to sinful actions that can hurt you and those around you.

Even Jesus had to deal with anxiety, as seen in the events in the garden the night before his crucifixion. We see Jesus doing what we should all do when fighting anxiety...

**Luke 22:41-42 He withdrew about a stone's throw beyond them, knelt down and prayed, 42 “Father, if you are willing, take this cup from me; yet not my will, but yours be done.”** He removed himself, prayed, and surrendered to the will of God for his life.

Today we will deal with one of the main causes of anxiety in our lives- unresolved guilt. Unresolved guilt causes anxiety!

- I'm not saying all anxiety is caused by unresolved guilt, but it can be one of the main causes.

On this resurrection Sunday, let's clearly understand that because Christ Jesus forgives us from our sins and rose to give us new life, we are now free from guilt and condemnation.

As a result of being free from guilt, we remove that source of anxiety from our lives.

Then we begin to learn how to live free from anxiety, worry, and fear.

***“Guilt frenzies the soul. Grace calms it.” Max Lucado***

In high school I went down a bit of a rebellious path in my life, but I was a miserable sinner.

When doing what others consider fun, I was consumed with guilt. Why? I was a born-again child of God. I was raised in church, and I knew right from wrong. There was no guessing or wondering if what my peers were encouraging me to do was right or wrong, I knew it was wrong.

I knew that it was not the right way to live. When I willfully participated in certain things, I learned very quickly that “unresolved guilt” causes severe anxiety!

Maybe someone on this planet doesn't know the guilt and pain of doing things your own way, turning away from God, living in sin, and the remorse that comes with it, but I would imagine that most of us here today know all too well the guilt that sin brings.

**Guilt when:** You walked out on your family. When pride destroys your relationships. When greed led you to steal. You quickly divorced when you pledged “til death do us part.” Sexual sins, lust, pornography. Harsh speech from your mouth, gossip, and slander of others.

And then there's the heavy **regrets**. If only you hadn't done what you did. If only there were a rewind button, a chance for a do over.

And then there's the lying, the vain attempts **to cover your sin**, to somehow sweep the guilt under the rug. That's what Adam and Eve did.

## **The Original Guilt and Anxiety**

Adam and Eve lived in a grace-filled world. They were experiencing fellowship with God, they were in unity with one another, and there was no guilt or shame.

**Genesis 2:25 Adam and his wife were both naked, and they felt no shame.**

But in Genesis 3 we see the fall of man when sin entered the world, and so did guilt and shame.

**Genesis 3:7-10 Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.**

**8 Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. 9 But the LORD God called to the man, "Where are you?" 10 He (Adam) answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."**

Their sin resulted in guilt and shame, and then Adam and Eve tried to hide from God. Now there was fear and anxiety resulting from their guilt.

A lot of us do that too. When we sin, we know it's wrong, therefore we go to great extremes to hide what we have done. We sweep it under the rug.

Like Adam and Eve, we hide behind leaves and bushes, lies, and bad excuses.

What's your fig leaf? What lie are you trying to hide behind to cover your sins? Is it working?

**Next Step: I will ask myself, "What's my fig leaf?"**

**What lie am I trying to hide behind to cover my sins? Is it working?"**

Whatever it is or whatever escapism we are using, it may look like it's working and nobody will ever know. It's our dirty little secret. The only problem is that we know, and we know God knows what we did, therefore we experience guilt for what we have done, and rightly so.

- The day we stop feeling guilt for sinning against God is a day when we know we are in deep trouble! But that's a whole new topic to deal with at another time.

### **King David Expressed the Way We Feel When We Try to Hide Our Sins.**

**Psalms 32:3-4 When I kept silent, my bones wasted away through my groaning all day long.**

Can you relate to that? **4 For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.** He felt like he was wasting away on a hot, Georgia, August day.

So, what did he do? What was/is the solution?

**Psalms 32:5 Then I acknowledged my sin to you and did not cover up my iniquity.**

**I said, "I will confess my transgressions to the Lord." And you forgave **the guilt** of my sin.**

- **Acknowledge your sin and don't try to cover up your iniquity.**

**Psalms 32:5 Then I acknowledged my sin to you and did not cover up my iniquity...**

Iniquity is your desire or tendency toward certain sins.

- Jesus will cover your sins and remove your iniquity.

(A prophesy about Jesus) **Isaiah 53:5 ...he was bruised for our iniquities...**

- **Confess all of your sins, or transgressions, to the Lord.**

**Psalms 32:5 ...I said, "I will confess my transgressions to the Lord."**

- Jesus paid the price for your sins.

**Isaiah 53:5 But He was wounded for our transgressions...**

- **Jesus will forgive the sin and yes even forgive the GUILT of your sin.**

**Psalms 32:5 ...And you forgave **the guilt** of my sin.**

The guilt which will directly cause you to be anxious will be taken away! Anxious No More!

**Stressed to Blessed!**

**Psalms 32:1-2 Blessed is the one whose transgressions are forgiven, whose sins are covered.**

**2 Blessed is the one whose sin the Lord does not count against them**

**and in whose spirit is no deceit.**

There is no more guilt when your sins are covered by the blood of Jesus. When the Lord is not keeping a record of your sins. Your guilt is resolved by Jesus, thus removing the source of anxiety.

**Proverbs 28:13 Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.**

### **Anxiety or Peace?**

What's the opposite of guilt and anxiety?

- Forgiveness, freedom from guilt, and God's kind of peace.

**Isaiah 53:5 But He was wounded for our transgressions, he was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed. (NKJ)**

**“The punishment that brought us peace was upon him.” (NIV)**

**“He was beaten that we might have peace.” (NLT)**

We all need peace. We desire peace. We yearn for peace. But without Jesus, peace is elusive.

Peace With God - **Colossians 1:20 ...through him (Christ Jesus) to reconcile to himself (God) all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.** (You were at odds with God, but Jesus makes peace between you and God).

Jesus Gifts Us With Peace - **John 14:27 Peace I leave with you; my peace I give you (peace is a gift to you). I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.** With Jesus' peace, not the peace of the world, we are Anxious No More!

### **Healed from the Effects of Anxiety**

**Isaiah 53:5 But He was wounded for our transgressions, he was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed. (NKJ)**

We are going to be healed from anxiety and the ill effects it has on our emotions and physical bodies.

**Next Step: I will memorize Isaiah 53:5.**

**“But He was wounded for our transgressions, he was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed. (NKJ)**

### **The Resurrection!**

**1 Corinthians 15:17-22 And if Christ has not been raised, your faith is futile; you are still in your sins.** (If there was no resurrection, you are still in your sins and still living in guilt resulting in a perpetual state of anxiety!) **18 Then those also who have fallen asleep in Christ are lost.**

**19 If only for this life we have hope in Christ, we are to be pitied more than all men.**

**20 But Christ has indeed been raised from the dead, the first fruits of those who have fallen asleep. 21 For since death came through a man, the resurrection of the dead comes also through a man. 22 For as in Adam all die, so in Christ all will be made alive.**

Sin, as a result of Adam, is death, guilt, fear, and anxiety.

Life, as a result of Christ, is love, forgiveness, and Anxious No More!

**How could Paul who was a self-righteous terrorist stand before the people and minister to them if he didn't receive and embrace true forgiveness and no condemnation.**

- Paul received the forgiveness of Jesus, and he forgave himself.
- Paul personally experienced the resurrection that you and I can experience in Christ.