

REST FROM ANXIETY

Y'all. Anxiety is real.

So many of us deal with worries and fear connected to the uncertainty of the future and regrets from the past. Anxiety has a powerful way of both paralyzing us and driving us to make poor choices. When anxiety reigns, it is a tyrant, and we've all felt the effect of its dictatorial rule. But there's good news for us:

Jesus came to unseat every counterfeit ruler that would dare subject the children of God to a life of chains and bondage. Jesus offers us freedom and rest from anxiety because he loves us.

When our quest for security and certainty leaves us wanting and afraid, Jesus teaches us that the truest security to be found is in knowing the Father.

This service would do well to be led with layered, amplified sound: keyboard, guitars, drums, and 3-part vocal harmonies where appropriate. The style is a mixture of contemporary and Americana worship.

Isaiah 35:1-10

Psalm 46

Matthew 6:25-34

CHOOSING MUSIC // for singing

[Everlasting God](#)

Performance by William Murphy [Db]
Words and Music: Fellowship Church
© 2010 Fair Trade Tunes, Fellowship Church

[Be Still My Soul](#)

traditional; Public Domain
Words: Public Domain, Music, Page CXVI
© 2010 PAGE CXVI

[I Command My Soul](#)

Performance by Bishop Neil C. Ellis & Mount Tabor Praise & Worship Ministry [Bb - Eb]
Words and Music: Bishop Neil C. Ellis
© 2008 Light Records

[Trading My Sorrows](#)

Performance by Israel Houghton [Eb - E]
Words and Music: Darrell Evens
© 1998 Integrity's Hosanna! Music

[Freedom](#)

Performance by Eddie James [E]
Words and Music: Matthew Bushard & Eddie James
© 2000 City Bible Music, Universal Music - Brentwood Benson

[Nothing to Fear](#)

Performance by The Porter's Gate [C]
Words and Music: Audrey Assad, Isaac Wardell, Paul Zach
©2019 Integrity Worship Music, Integrity's Alleluia! Music, Paul Zach Publishing,
PG Songs and Hymns, Fortunate Fall Music

[Wait On the Lord](#) [Key of B]

Words and Music: Wen Reagan
© 2020 Sursum Corda Music

VISUAL ARTS // for seeing

Rest from Anxiety by Joe Cory



If using projection in your space, consider projecting this image on the screen as people gather to help communicate the theme for worship. During the service incorporate a portion of the image as a side, top, or bottom banner on the screen to frame the lyrics and create a visual thread through the service.



SPOKEN WORD // for listening

[The Poet: Hanna Watson](#): Sets the stage beautifully to set the hearer's affections on the intentionally creative and all-powerful God, who has been in control since the very beginning

Am I Alone? Dialogue (Visit [Animate Worship // Spoken Word](#) for script)

ADDITIONAL ELEMENTS TO CONSIDER:

Liturgical Dance to [Nothing to Fear](#) (The Porter's Gate)

SAMPLE WORSHIP SERVICE

REST FROM ANXIETY

Gathering:

Call to Worship Video – [The Poet: Hanna Watson](#)

[Everlasting God](#)

[Wait on the Lord](#)

Listening:

Psalm 23 Antithesis

The clock is my dictator, I shall not rest.
It makes me lie down only when exhausted.
It leads me to deep depression.
It hounds my soul.
It leads me in circles of frenzy for activity's sake.
Even though I run frantically from task to task,
I will never get it done,
For my "ideal" is with me.
Deadlines and my need for approval, they drive me.
They demand performance from me, beyond the limits of my schedule.
They anoint my head with migraines.
My in-basket overflows.
Surely fatigue and time pressure shall follow me all the days of my life,
And I will dwell in the bonds of frustration forever.

An Artist's Testimony

(Display *Rest from Anxiety*, by Joe Cory as the testimony is read)



Have you ever been on a boat during stormy weather, or tried to wade in the ocean when the waves are choppy? In those situations, it can be hard to stay on your feet or keep your bearings. This is how I feel when overwhelmed with anxiety. The world starts to spin and I feel like everything is crashing around me. In times like this, I need something or someone to help guide me through the situation I am anxious about. Fortunately, scripture promises us we have a shepherd who leads us to quiet waters. The shepherd's job is to protect and guide their flock. Sheep relax and rest when the shepherd is in the field with them because they know he is looking out for them. As anxious sheep, we can find rest in knowing we have a shepherd, Jesus Christ, who watches over us!

This image, *Rest from Anxiety*, depicts these two situations. The picture of the rough water represents how I feel when I encounter anxiety. It can be overwhelming and hard to navigate. The image of the shepherd represents Christ's care over me. Knowing I can cast my cares upon Jesus and He will carry me, especially when I feel anxious, helps me find rest in who God created me to be.

Psalm 46 (read together in unison)

God is our refuge and strength,
a very present help in trouble.
Therefore we will not fear;
Be still and know that I am God.

Be Still My Soul (trad) + [Be Still My Soul \(Page CXVI\)](#) tag

New Testament Lesson: Matthew 6:25-34

Sermon: [Rest from Anxiety \(Guest Preacher, April Robinson\)](#)

Prayer

Responding:

[Nothing to Fear](#) - The Porter's Gate

Enlist either a solo or group of dancers to lead during this song.

Freedom Medley (Bb - E)

[I Command My Soul](#) → [Trading My Sorrows](#) → [Freedom](#)

Sending:

Benediction

May the Lord bless you and keep you;

May the Lord make his face to shine upon you and be gracious unto you.

May God give you the grace not to sell yourself short,
grace to risk something big for something good,
grace to remember that the world is now too dangerous for anything but truth,
and too small for anything but love.

May God take your minds and think through them;

May God take your lips and speak through them;
and may God take your hearts and set them on fire.

Amen.



Samford University

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