# **Anxiety (Part 1): Jesus’ First Panic Attack**

[Luke 22:41-44](https://ref.ly/logosref/Bible.Lk22.41-44)

# Instructions

• Will you take your Bibles and turn to [Luke 22:41-44](https://ref.ly/logosref/Bible.Lk22.41-44)? Please search the Scriptures with us. Don’t be afraid to use your index.

• If you don’t have a Bible but have a smartphone, you can download the Y-O-U Version Bible App. Once you download it, you can go to the “More” tab, tap “Events,” and find Mt. Carmel Baptist Church, and you can see the Scripture, notes, quotes, and references.

# Definitions

1.                       is a constant fearful state, accompanied by a feeling of unrest, dread, or worry. The person may not know what is creating the fear.

2.                 attacks are sudden, overwhelming, fearful reactions with feelings of impending doom.

3. Anxiety                          is a general term used to describe debilitating feelings of fear, which may be exhibited in several ways, including generalized anxiety disorder, panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, and phobias of all kinds.

# Context

In today’s Bible passage, Jesus’ crucifixion is looming. It’s the night before, and the full weight of his glorious hour is embracing his full humanity. How does Jesus respond peering over into abyss of suffering the wrath of God for the forgiveness of our sin? Is Jesus too blessed to be stressed?

# Take-Home Truth

There is              to              from                !

**Ephesians 2:3 CSB**

We too all previously lived among them in our fleshly desires, carrying out the inclinations of our flesh and thoughts, and we were by nature children under wrath as the others were also.

**Hebrews 10:31 CSB**

It is a terrifying thing to fall into the hands of the living God.

**2 Corinthians 5:21 CSB**

He made the one who did not know sin to be sin for us, so that in him we might become the righteousness of God.

**Mark 14:36 CSB**

And he said, “*Abba*, Father! All things are possible for you. Take this cup away from me. Nevertheless, not what I will, but what you will.”

**Lamentations 3:37–39 CSB**

Who is there who speaks and it happens, unless the Lord has ordained it?

Do not both adversity and good come from the mouth of the Most High?

Why should any living person complain, any man, because of the punishment for his sins?

### 1. Don’t be a                            . (v. 42)

**Matthew 13:22 CSB**

Now the one sown among the thorns—this is one who hears the word, but the worries of this age and the deceitfulness of wealth choke the word, and it becomes unfruitful.

### 2. It happens after                   . (v. 43)

**Hebrews 1:14 CSB**

Are they not all ministering spirits sent out to serve those who are going to inherit salvation?

**Hebrews 5:7 CSB**

During his earthly life, he offered prayers and appeals with loud cries and tears to the one who was able to save him from death, and he was heard because of his reverence.

**Hebrews 12:2 CSB**

keeping our eyes on Jesus, the pioneer and perfecter of our faith. For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God.

### 3. Trust God’s sovereign             .

**Romans 8:28–30 CSB**

We know that all things work together for the good of those who love God, who are called according to his purpose.

For those he foreknew he also predestined to be conformed to the image of his Son, so that he would be the firstborn among many brothers and sisters.

And those he predestined, he also called; and those he called, he also justified; and those he justified, he also glorified.

# Repent and be baptized.

Text BELIEVE to 706-525-5351.

[www.mtcarmeldemorest.com/baptism](http://www.mtcarmeldemorest.com/baptism)

# Pray

I bless you, and give thanks to you, O Lord Jesus Christ, Maker and Redeemer of all the faithful, for the sad beginning of your most bitter passion; for the exceeding distress of your soul; for the anxiety and dread which you felt when, as the hour of your betrayal drew nigh, you began to be fearful and very sad. Nor were you ashamed of confessing this sadness to your disciples, for you said: “My soul is sorrowful even unto death.”

O most loving Jesus, my only hope in every trouble and distress, make me, I pray, to ponder with a heart full of compassion the sorrowful beginning of this your blessed passion, and from this sad prelude to go on by degrees to meditate upon the still more bitter parts of it, so that I may be able, from each part, to gather for the wounds of my soul some healing medicine.

Grant that I may bear with patient courage, for the glory of your name, whatever troubles may be awaiting me, so that I may never fall into despair, no matter how severe the tribulation may be, but may in all things resign myself to the good pleasure of your divine providence.

THOMAS À KEMPIS