

Introduction: Dealing with dangerous emotions

Angst – A feeling of deep anxiety and dread that is unfocused and hard to identify. It's a sense of frustration and apprehension with the general state of the world and one's future in it. It is often accompanied by depression.

- Angst's emotional cousins are recurring thoughts of:
 1. Meaninglessness – feeling like my life has no value or significance.
 2. Purposelessness – to be without aim, goal, or plan. Life feels pointless, senseless, without direction.
 3. Hopelessness – despairing, despondent, a belief/feeling that nothing good can happen, and a happy ending is impossible.

Unhealthy responses to angst – Withdrawal from people, addictive behavior or relationships, acting out, victim mentality, trivial pursuits, suicide.

Question: How do you tend to deal with these dangerous emotions apart from Christ?

God's antidote to angst?

- Remember the hope of your _____. Ephesians 1:1-23
 - **Chosen** = You are accepted (verse 4)
 - **Adopted** = You are wanted (verse 5)
 - **Redeemed** = You are valuable (verse 7)
 - **Sealed** = You are secure (verse 13)
 - **Empowered** = You are competent (verse 19)

“Call” is one of the biblical words associated with our salvation. In both Hebrew and Greek “call” can be used in a sense of naming (Genesis 2:19, Luke 1:13), and in biblical thought to give a name of someone was to bestow an identity...when God is the one who bestows names, the action is almost equivalent to **creation** (Isaiah 40:26)

- Reflect on the _____ of your calling. Ephesians 2:10-3:21
 1. God calls us into a new _____. Ephesians 1:3-4

*For He **chose us in Him** before the creation of the world to be holy and blameless in His sight.*

Ephesians 1:4

2. God calls us into a new _____. Ephesians 2:10

*For we are God's workmanship, created in Christ Jesus **to do good works, which God prepared in advance for us to do.***

Ephesians 2:10

3. God calls us into a new _____ . Ephesians 2:11-22

*Consequently, you are no longer foreigners and aliens, but **fellow citizens with God's people** and members of God's household.*

Ephesians 2:19

4. God calls us to fulfill His new _____ . Ephesians 3:1-13

According to His **eternal purpose** which He accomplished in Christ Jesus our Lord.

Ephesians 3:11

5. God calls us to make our hearts _____ home. Ephesians 3:14-21

*So that Christ may **dwell in your hearts through faith**. And I pray that you, being rooted and established in love, may have power, together with all the saints, **to grasp** how wide and long and high and deep is the **love of Christ**, and to know this love that surpasses knowledge – that you **may be filled** to the measure of **all the fullness of God**.*

Ephesians 3:17-19

Vital questions to remove “the angst” in your life

1. Have you responded to Jesus' calling you to Himself?
2. Have you discovered Jesus' purpose for your life?
3. Are you an active, connected member of Jesus' family?
4. Are you actively a part of God's plan to reach, teach, and serve others?

How to see yourself as God sees you

- **The principle** = Replace your “warped mirrors” and misbeliefs with the Truth of God’s Word.

Misbeliefs

- I am not wanted or needed by anyone, my life has no purpose or meaning. I’m a victim of an unfair, uncaring world that only brings me pain.
- Significance and meaning come from success in life. I will be happy someday when my relationships, career, and finances reflect my success and accomplishments.



Significance Truth

My life has an eternal purpose to fulfill. I have been created, equipped, and called by God in this moment of history to fulfill a unique role in His body that will demonstrate His mercy, love, diversity, and unity to the world.

Resources:

Affirmation Cards – Theresa Ingram

Holy Ambition – Chip Ingram