

All Things New #3

Renewed Hearts

Psalm 23 Scripture Reading: Psalm 23

01/1/2022

Introduction:

We have a lot of material to get through this morning, so I won't spend a lot of time in this introduction. Last week Pastor Aaron confessed to growing up in the charismatic movement. He described the movement in general as being emotionally driven. He then went on to discuss how Christ renews our logical thinking mind. I will confess to you this morning that I grew up in the fundamentalist movement, characterized by a rational understanding of the gospel, truth that can be reached by empirical evidence, and a list of rules to follow. Emotions are not to be trusted. I will be speaking this morning about the how Christ has renewed our hearts... our emotions.

We are going to focus our time on the 23rd Psalm and for those of you that are note takers like me I am going to invite you to set down your pen and paper. I want all of us to focus our attention on being here now. If you want the notes, they are on the church website, or you can email me, and I will email them to you. The 23rd Psalm describes for us several things that can cause fear and anxiety, but it also points us to the remedy for that fear or anxiety. So, the big idea for today is...

The Big Idea: Jesus is the Good Shepherd, and He renews our heart.

In the revelation Jesus says: behold I am making all things new. This includes our hearts our emotions. One of the images that used throughout scripture is that we are sheep, and that Jesus is our shepherd. He cares for us, fights off the wolves, feeds us, protects us, even Knows us. It is through this relationship that our emotional life can be comforted. Jesus said of himself:

I am the good shepherd. The good shepherd lays down his life for the sheep. He who is a hired hand and not a shepherd, who does not own the sheep, sees the wolf coming and leaves the sheep and flees, and the wolf snatches them and scatters them. He flees because he is a hired hand and cares nothing for the sheep. I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep. John 10:11-15 (ESV)

Things that cause anxiety or Fear:

1. Doing Without vs1.

Sometimes our anxiety is driven by the unknown, or financial difficulties, "will I have everything that I need"?

2. Normal Life Cycles vs2

Normal life cycles happen to all of us, we have seasons of blessing or positivity, and we have seasons of strife and turmoil

3. Our Own Sin vs3

When we have walked away from the Lord the fear and anxiety can grip us and we may even begin to fear what God will do to us.

4. Death vs4

For a lot of people, the idea of leaving this body causes a lot of fear, sometimes its rational such as when a terminal illness has been diagnosed. Sometimes it is irrational, there is no known immediate threat.

5. God's Discipline vs4

This plays back into our sin, but discipline is not just correction of wrongdoing it is also course correction, and instruction.

6. Relational Conflict vs5

All of us at one time or another have fretted over a broken or strained relationship. The anxiety of confrontation can be overwhelming. The fear of losing that relationship forever can be crippling.

Jesus Provides the Remedy for our Anxiety:

1. God will supply all our needs in Jesus vs1

And my God will supply every need of yours according to his riches in glory in Christ Jesus. Philippians 4:19

2. God will never leave us or forsake us Jesus is with us vs2

And behold, I am with you always, to the end of the age." Matthew 28:20b

3. Jesus paid the penalty for our sin vs3

For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. 2 Corinthians 5:21

4. Jesus has conquered death vs 4

and which now has been manifested through the appearing of our Savior Christ Jesus, who abolished death and brought life and immortality to light through the gospel 2 Timothy 1:10

5. God disciplines His children vs4

"My son ,do not regard lightly the discipline of the Lord, nor be weary when reproved by him. For the Lord disciplines the one he loves, and chastises every son whom he receives." Hebrews 12:5b-6

6. In Jesus we have a new commandment to love vs5

A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. John 13:34

Practical Practices:

1. Gratitude

The key to releasing anxiety about having enough or going without is to be thankful for what you have.

2. Focus of God

When we take our eyes off Him, just like Peter when he was walking on the water that is when we will begin to sink.

3. Don't Resist Discipline

Discipline for sure includes correction and chastisement for wrongdoing. It also includes gentle course correction. If we resist the fear and anxiety will only grow.

4. Keep an Eternal Perspective

It is so easy for us to get caught up in our own immediate drama. Can you remember a time when you thought "this thing" is going to be the end of me and now years later you realize it doesn't matter now and it didn't matter then?

5. Silence and Solitude

Silence and solitude are an opportunity for us to have a conversation with God. A time when we can quiet the world and our own minds and hearts and listen to Him speak.

I make it my business only to persevere in the Holy Presence, wherein I keep myself by a simple attention, and a general fond regard to God, which I may call an actual presence of God; or, to speak better, an habitual, silent, and secret conversation of the soul with God – Brother Lawrence

Conclusion:

Before we move into our time when we celebrate the Lords Table, I want all of us to experience what silence and solitude can be. I am going to lead us all through a guided meditation on Psalm 23, when we conclude I will pray for us all and then we will transition to our time of Communion.

References:

[The Practice of the Presence of God and Spiritual Maxims](#) by Brother Lawrence

[The More of Less](#) by Joshua Becker

[The Me I Want to Be](#) by John Ortberg