



## “Stressed Out About My Faith”

Stressed Out! Series

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10.31.21

*“Then Jesus said, ‘Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you and let Me teach you because I am humble and gentle and you will find rest for your souls.” Matthew 11:28-29*

- *“For God has not given us a spirit of fear and timidity, but of power, love and self discipline.” 2 Timothy 1:7*

### **2 truths about our faith that will put our stress to rest:**

1) Getting to Heaven is not about what **I DO**, it's about what Jesus has **ALREADY DONE**.

- For many people, religion is spelled with 2 letters: **D- O**
- Christianity is about receiving what Jesus has already **D-O-N-E!**
  - *“God saved you by His grace when you believed. You can't take credit for this. It is a gift from God. Salvation is not a reward for the things we have done so none of us can boast about it.” Ephesians 2:8-9*
  - *“Jesus told him, I am the Way, the Truth and the Life. No one can come to the Father except through Me.” John 14:6*

2) Once I commit my life to following Jesus, God holds my life in **HIS HAND**.

- *“My sheep listen to My voice. I know them and they follow Me. I give them eternal life and they will never perish. No one will snatch them out of My hand. My Father, who has given them to Me, is greater than all. No one can snatch them out of My Father's hand.” John 10:27-29*
- *“I am convinced that nothing can ever separate us from God's love. Neither death, nor life, nor angels, nor demons, neither our fears for today, nor our worries about tomorrow, not even the powers of hell can separate us from God's love. No power in the sky above, nor in the earth below, indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.” Romans 8:38-39*
  - We can't **LOSE** our salvation, but we can **WALK AWAY** from it!
- *“Continue to work out your salvation with fear and trembling.” Philippians 2:12*
- *“For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago.” Ephesians 2:10*