

4. Read Mark 14:32-42 and the passages below. How is Jesus' distress and anxiety depicted in these passages?
- John 12: <sup>27</sup> "Now my soul is troubled, and what shall I say? 'Father, save me from this hour?'"
- John 13: <sup>21</sup> After he had said this, Jesus was troubled in spirit and testified, "Very truly I tell you, one of you is going to betray me."

5. Explain how and why the passages below are an invitation and not a command.
- John 14: 1 "Do not let your hearts be troubled. You believe in God; believe also in me."
- John 14: <sup>27</sup> "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."
- Ephesians 4: <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
6. We are not left to our anxieties. God invites us to pray and Jesus shows us a path through the times when we are overwhelmed. Look again at Mark 14:32-42. What does Jesus do that you can do when your are overwhelmed?

## The First Page (A Series on Genesis 1)

"The Path Through Overwhelmed"  
Genesis 1:2

### Scary Movie Tropes and Genesis 1:2

"Now the land was wild and waste, and darkness was over the face of the deep abyss." (Genesis 1:2)

Darkness (Exodus 10:21-23; Psalm 18:23; 88:18; John 1:1-5; 3:19)

The Deep Abyss (Genesis 1:20-21)

Wild and Waste (Jeremiah 4:23)

### (Not) The Way It's Supposed to Be

The order brought by creation is \_\_\_\_\_ in Genesis 3. Sin is a lot of things, but if you don't see it as a disordering of the way things are supposed to be, you've missed more than half of the story of Sin in the Bible. Sin is disorder, distortion, discord, disease, disintegration, de-creation.

"Man, the world ain't supposed to work like this. Maybe you don't know that, but this ain't the way it's supposed to be. I'm supposed to be able to do my job without askin' you if I can. And that dude is supposed to be able to wait with his car without you rippen' him off. Everything's supposed to be different than what it is here." (Tow Truck Driver in Grand Canyon movie)

"The webbing together of God, humans, and all creation in justice, fulfillment, and delight is what the Hebrew prophets call shalom. We call it peace, but it means far more than mere peace of mind, or a cease fire between enemies. In the Bible shalom means universal flourishing, wholeness, and delight—a rich state of affairs in which

natural needs are satisfied and natural gifts fruitfully employed, a state of affairs that inspires joyful wonder as its Creator and Savior opens doors and welcomes the creatures in whom he delights. Shalom, in other words, is the way things ought to be.” (Cornelius Plantinga, Jr. in Not the Way It’s Supposed to Be: A Breviary of Sin)

Creation moves from \_\_\_\_\_ to order. Sin reintroduces chaos. Sin is de-creation.

### **The Second Adam in a Chaotic Garden**

What happens when the \_\_\_\_\_ man, the Second Adam who is without sin, finds himself in a garden of chaos, of disintegration and disorder and de-creation (i.e., the world we live in every day)?

John 14:1 and 14:27 vs. John 12:27 and 13:21

If the perfect man, the second Adam, God the Son, experienced what can only be described as extreme \_\_\_\_\_ and distress in the chaos of our world, anxiety isn’t a sin of faithlessness; it’s how God created us to respond to chaos.

When Paul says, “do not be anxious about anything” (Philippians 4:6), he’s INVITING us to experience God’s peace not only IN all circumstances but also IN our anxiety, worry, and fear. The personal peace God offers can bring calm and comfort, but it doesn’t always \_\_\_\_\_ anxiety, worry, or fear, nor their causes.

### **The Path Through Overwhelmed**

Matthew 26:36-46; Mark 14:32-42; Luke 22:39-46; John

1. P\_\_\_\_\_.
2. Lean on your \_\_\_\_\_.
3. Love your \_\_\_\_\_.
4. Look for God’s \_\_\_\_\_.

### **Personal Reflection & Small Group Questions**

Please complete this study on your own, then bring it to your small group for discussion.

1. Looking back over your notes from this week’s sermon, what particularly caught your attention, challenged, or confused you?
2. What are some of kinds of situations that overwhelm you?
3. Read Genesis 1:1-2:4. What are some of the ways the creation story emphasizes bringing order out of disorder?