Using Scripture to Address

Our Experience of Everything

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**Introductory Thoughts**

**Simplistic Versus Dimensional Use of Scripture**

Philippians 4:4-7

Rejoice in the Lord always; again I will say, rejoice.

Let your reasonableness be known to everyone. The Lord is at hand;

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

*Surface Use*: Abstract instruction I either chose to do or chose not to do.

*Dimensional Use*: The application of rich theology of who you are and what you were created for.

**The Dimensions of Your Experience**



1. Cognition – Thoughts, Beliefs, Memories, Internal Dialogue, Reason
2. Affection – Feelings, Desires, Preferences, Values
3. Volition – Dedications, Decisions, Loyalties, Determinations, Intentions

**The Dimensions of Your Experience of Anxiety**

*Thinking* – What does my fear show I’m believing about this situation that threatens me?

* What do I believe is threatening about this situation? What do I perceive I’ll lose? Why do I believe that object is so important?
* How often do I think about it? What triggers me to think about it?
* What do I believe about God regarding this object?

*Desires / Feelings* – What does my fear show I’m wanting from this situation that threatens me?

* What object of desire am I scared of losing?
* How do I think that object will benefit me?
* How often, and how strong, are my feelings?
* How is my hope misplaced?

*Choices* – What do my actions show about my willingness to give this object up?

* How do I act when feeling threatened, in both attitude and action?
* How do my actions reinforce the fear or anxiety?

**Applying Scripture Dimensionally**

1. Rejoicing in the Lord = Acknowledging his love for you as more valuable than what you are scared to lose.
2. Reasonableness = A quieted heart.
3. Anxiety is contrasted with prayer because you were designed to express your heart to God in order to manage your desires before him.
4. The peace of God bypasses your former understanding of a situation. The Holy Spirit changes your perceptions to align with his.

***Discussion Question:* When you prepare a lesson to teach, a sermon to preach, a devotional to lead, or an insight to share with a friend over coffee, how do you account for the full breadth of the heart?**