



31st March 2019

### PASSIONATELY PURSUE THE REAL YOU

After last weeks message I came across this article, written by a Christian who has struggled with severe anxiety for a number years. He shares a number of things that I found helpful. The link to the full article is below. But here's a short section from *Some Things You Should Know About Christians With Anxiety* - by Adam Ford.

"If someone tells you that they have an anxiety disorder, they're being brave. If someone cancels plans with you and openly tells you it's because their anxiety is through the roof right now, they're choosing to tell the truth and be vulnerable with you, instead of trying to save face by telling a half-truth or looking for a scapegoat. The best we can do is be open and honest about our struggles with anxiety. And if we do that, we're doing well.

#### For Christians with anxiety, the gospel is everything to us.

We live a life in which our feelings actively try to kill us. It's a strange existence. We know better than most that feelings can be filthy, stinking liars. While subjective feelings try to do us in, the objective truth of the gospel is what sustains us. It's our life raft.

The fact that God chose us before the foundation of the world, sent His Son to die on a cross for us, taking upon Himself the punishment for our sins, granting us eternal life in perfect bliss with Him in heaven—this is what sustains us through many dark times. I don't know how I could go on without this truth sustaining me. This is the anchor of our soul: That our status before God is secure because *it's not dependent on our turbulent feelings, it's dependent on the finished work of Christ*, and when God looks at us, even when we're being smothered by a wet anxiety blanket, he sees a beloved child, perfectly clothed in the full righteousness of Jesus Christ.

When you know we're struggling, send us a little reminder of the beautiful truth of the gospel. It might be a blessing bigger than you know. Tell us what Christ has done. Tell us "it is finished." Tell us what He accomplished on our behalf. But please, don't call—a text or email will do just fine."

#### Full Article Here

<https://churchleaders.com/outreach-missions/outreach-missions-articles/286093-things-know-christians-struggle-anxiety.html/2>

We acknowledge that the land we meet on is the traditional lands for the Kurna people.

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**CREATE - After School Activity Club**  
Starts Tuesday 5th : 3.30-5.30pm  
@ Playford Uniting Church  
Call Nick : 0402 808 744

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### EASTER @ Playford UC

#### *THE Passionate Pursuit*

19th April @ 9.30am

#### Good Friday Service

Followed by Hot Cross Buns, BYO Picnic  
& Kids Games in the Park

21st April @ 10am

#### Resurrection Sunday Service

Followed by  
Easter Morning Tea

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### Adelaide Men's Convention

**Date:** Sat. 11th May, 2019  
9am - 4.30pm

**Speaker:** Greg Lee - Hunter Bible Church  
Save the Date - More info to come.

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### UPCOMING SERVICES

**Sunday 31st March: Pete Riggs**  
*Passionately Pursue Peace*

**Sunday 7th April: Henry Rouse**  
*Passionately Pursue Holiness*

**Sunday 14th April: Pete Riggs**  
*Palm Sunday*

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### Last Sundays' Message

By Henry Rouse

"[Passionately Pursue The Real You](#)" or go to  
<http://playford.ucas.org.au/podcasts/>

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## Playford Uniting Church

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**Pastors** | Pete Riggs : 0421 243 889 | Henry Rouse : 0434 050 360

A people **Awakened** by the Spirit, **Moving** in our Communities, **Cultivating** Hope and **Transforming** Futures.