

# **Welcome to Kev's on-line eGroup**

**The e-Glue that helps with the glitter**

**Part 1: Detailed sermon notes**

**Part 2: eGroup study questions**

### Here Comes Church – “In the know”

- Interested in serving at Elevation Church: See: [www.elevationchurch.cc](http://www.elevationchurch.cc)
- Please consider joining an eGroup (small group) so you don't have to walk this walk alone – See [www.elevationchurch.cc](http://www.elevationchurch.cc). The “e” stands for empowerment - because getting the instructions from God without having the empowerment to live them out will frustrate you. These groups are our way of putting some very wonderful people in front of you feed you spiritually.
- Stay out of “isolation silos” - you are an easy target for the enemy – and you don't have the benefit of friends to support you. Embrace the power of numbers.
- Interested in leading an eGroup? See: [www.elevationchurch.cc](http://www.elevationchurch.cc)
- Don't over-think it – Invite someone to church – “Who do you know that is close to you that is far from God?”
- What are your Gr8ful eight?
- Elevation Nights 2025: Elevation Nights is coming your way soon - Fort Worth - Tulsa Oklahoma - Pennsylvania - Toronto - Detroit - Hartford Connecticut – Newark NJ - Washington DC – The dates are February 25th through March 6th.
- it's a season where we take time to celebrate all that God has done with an end of year offering – see: [www.elevationchurch.org](http://www.elevationchurch.org) - and click the banner at the top that says year-end offering.
- Advent = four Sundays and weekdays leading up to Christmas. The word "advent" comes from the Latin word ad-venire, which means "to come to". Dates: Sunday, December 1, 2024 Tuesday, December 24, 2024

Philippians 4:4-8 - Instructions for peace.

## Final Exhortations

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

## Kev's guys on-line eGroup study notes

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John 10:10 - The thief comes to steal; Jesus comes to give abundant life.

7 Therefore Jesus said again, "Very truly I tell you, I am the gate for the sheep. 8 All who have come before me are thieves and robbers, but the sheep have not listened to them. 9 I am the gate; whoever enters through me will be saved.[a] They will come in and go out, and find pasture. 10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

## Kev's guys on-line eGroup study notes

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Romans 8:28 - God works all things for the good of those who love Him.

28 And we know that in all things God works for the good of those who love him, who[i] have been called according to his purpose. 29 For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. 30 And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

## Kev's guys on-line eGroup study notes

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Psalm 16:11 - God's presence brings us joy.

Therefore my heart is glad and my tongue rejoices;  
my body also will rest secure,

10 because you will not abandon me to the realm of the dead,  
nor will you let your faithful one see decay.

11 You make known to me the path of life;  
you will fill me with joy in your presence,  
with eternal pleasures at your right hand.

## Kev's guys on-line eGroup study notes

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Acts 16:26 - Paul and Silas' praise broke their chains.

25 About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. 26 Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose. 27 The jailer woke up, and when he saw the prison doors open, he drew his sword and was about to kill himself because he thought the prisoners had escaped. 28 But Paul shouted, "Don't harm yourself! We are all here!"

2 Corinthians 10:5 - Take every thought captive.

10 By the humility and gentleness of Christ, I appeal to you—I, Paul, who am “timid” when face to face with you, but “bold” toward you when away! 2 I beg you that when I come I may not have to be as bold as I expect to be toward some people who think that we live by the standards of this world. 3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 6 And we will be ready to punish every act of disobedience, once your obedience is complete.

12/1/2024 Prayer Prompt: “God’s presence is an automatic eviction of anything that is not like Him - When we manifest God’s presence through our praise - anxiousness, fear, and despair have to get out. Thank you for God for your faithfulness – We pray that God’s peace will be near to each of your us this week and push out all fear, anxiety, and despair. We pray for God to discipline our imaginations, enabling us to walk in freedom from anxiety and fear.

Pastor Tyson Coughlin from Charlotte-based Vizion Church - "Prayerful Instructions" – "Prayer is a labor of love - prayer is a crying out a desperation - a passionate plea to the maker of heaven and Earth – stop praying halfhearted - half convincing prayers - put your whole heart into it. If your heart feels numb - and you feel disconnected from other people's pain - and need then have a vulnerable conversation with God - pray this: Lord create in me a new heart restore a right spirit within me - help me Lord to love my neighbor as I love myself God - help me to love like you love - and that is a prayer God will answer - and it might not happen immediately - but in time - God will begin to align your hearts - and you'll begin to be sensitive and passionate and care about the needs of other people."

# **Part 1: Detailed sermon notes**

# Kev's guys on-line eGroup study notes

Sermon notes: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

## Sermon Highlights

- The thing God says more than anything else in Scripture is "Fear not."
- Paul isn't saying that there's nothing to fear - he's saying you, as a believer, don't have to be afraid or anxious.
- Anxiousness is an emotional thief that robs us of today's peace in anticipation of tomorrow's problems.
- If we're going to arrest our anxiousness, we have to adjust our:
- Perception – It's not just what I see, it's how I see it.
- Praise – Praise doesn't just give me gifts from God, praise gives me God the gift.
- Prayer – The purpose of prayer is to express our dependency and to remind ourselves that we don't have control.
- Practices – We need to learn to discipline our imagination. Has there ever been a time when God did not come through?
- God chooses what God uses to give us what we don't deserve.
- God's presence is an automatic eviction of anything that is not like Him.

## Scripture

- Philippians 4:4-8 - Instructions for peace.
- John 10:10 - The thief comes to steal; Jesus comes to give abundant life.
- Romans 8:28 - God works all things for the good of those who love Him.
- Psalm 16:11 - God's presence brings us joy.
- Acts 16:26 - Paul and Silas' praise broke their chains.
- 2 Corinthians 10:5 - Take every thought captive.

## Sermon Discussion

- "It's not just what I see, it's how I see it." Share a time you adjusted your perception and found peace in a difficult situation.
- "The purpose of prayer is to express our dependency and to remind ourselves that we don't have control." What's one area of your life where you need to stop grasping for control and trust God?
- "If we're going to arrest our anxiousness, we have to adjust our perception, praise, prayer, and practices." Who in your life is really good at living out one of these spiritual disciplines? What can you learn from them?
- "Praise doesn't just give me gifts from God, praise gives me God the gift." What specific ways of praising God feel natural that you can incorporate more into your week? (worship songs, quiet meditation, gratitude journal, etc.)
- "We need to learn to discipline our imagination. Has there ever been a time when God did not come through?" When have you seen God come through for you, even if it didn't happen the way your imagination thought it would?

# Kev's guys on-line eGroup study notes

Elevation Church Sermon notes: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

Detailed sermon notes:

- Message from Holly Furtick: Hi everyone - as we come to the end of another year, it's time for one of our favorite traditions here at elevation - it's a season where we take time to celebrate all that God has done and then pray for what he has next and then join together in giving towards a special year-end expansion offering - this offering has helped our church reach people all over the world and in your backyard with the gospel - we would love for you to be a part of this - you can give it any time now through the end of the year just visit [elevationchurch.org](http://elevationchurch.org) - and click the banner at the top that says year-end offering . Thank you for your continued support of this ministry and now let's get into the word.
- So honored to be here today I want to just first of all pause - and just say what's up to everybody at every
- locations to the people on the location in Mars the people on the location in Jupiter - but if you are just blessed by and grateful for all that God's doing in your church - Come on thank God for that and certainly we just recognize and express public appreciation by far the greatest leaders and greatest teachers of scripture in the universe - my friend and my brother Pastor Stephen Furtick - Come on - let's thank God for him.
- Man - so honored to be here - if it's okay I want to get right into our lesson and our time together today and I want to share something with you that really God stirred in my heart last summer.
- **I was attending an event it's a father and son dinner that my son school has every year - that the football coach hosts just for dads and while we were there - and it's my son's last year – he is a high School senior and shout out - he's committed to play football next year at Syracuse - they got a big win last night - shout out to Syracuse - but there's a point in the dinner - where the coach asks the sons to leave and he talks to the dads and he talks to us about trends he's seeing in our son – and give us some insight on areas we might need to lean into as parents - and one of the things that he said to me stuck out it - it leaped in my heart if you will - and he said he is seeing this trend of anxiousness. He said they're seeing is so much in schools that the head of the school made a specific book required reading it was called the anxious generation - or something like that - made it required reading for every faculty member of the school and I sat back and I just didn't hear it parentally - I heard it pastorally- I said that's just not happening in the schoolhouse that's happening in our houses.**
- **How many know God's word has an answer to address any and every issue we may find ourselves facing and so I went on this went on this journey to search the scriptures to see what God's word had to say about this issue - and have just finished walking our church through a journey and found this one passage I'm going to be sharing with you today.**
- It is a brief portion of the Apostle Paul's letter to believers in Philippi - the book of Philippians chapter 4 and here's what he says in beginning at verse 4 he says “rejoice in the lord always I will say it again Rejoice let your gentleness be evident to all - the Lord is near - do not be anxious about anything - I'm gonna read that one more time I thought - I was at elevation - do not be anxious about anything but in every situation by prayer and petition with thanksgiving - present your request to God. Here's the promise attached to that principle and the peace of God which transcends all understanding what will it do it will guard your hearts and your minds in Christ Jesus - now after you've done that he says finally brothers and sisters whatever is true whatever is noble - whatever's right - whatever's pure whatever's lovely - whatever's admirable - if anything is excellent or praiseworthy - think about such things.

# Kev's guys on-line eGroup study notes

Elevation Church Sermon notes: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

Detailed sermon notes:

- I want to stop the reading of scripture there and I want to talk from this subject in our time together very simply I want to talk from the subject "Arresting Anxiousness" - family I want to start this teaching with a question - it's a simple question for your reflection - and the question is simply this - if you were to barricade yourself in a room with the Bible and explore and examine all the instructions that God offers from Genesis to Revelation what would you see that God says most more than anything else in scripture? - in other words - what is the most common command given to humans from God all throughout the pages of Holy Scripture?
- The answer to this question is revealed in two simple yet significant words - the thing that God says more than anything else in scripture is two words "fear not" - some iteration of or some variation of this command is found over 300 times in scripture - over 300 times in some way in some iteration God says fear not - don't be afraid - calm down - chill out - breathe - drink some water - drink some coffee take a walk - over 300 times God in some way communicates - to his people to fear not and the frequency of this instruction is an indication and a revelation of something if God says something a lot it's not because he needs to say it a lot it's because we need to hear it a lot and so the fact that this command is communicated so frequently isn't necessarily saying something about God - it is saying something about us it is an indication and a revelation of the human orientation toward anxiousness.
- **Anxiousness a feeling of inner unrest and worry that is fueled by the fear of outcomes we may never experience it is an emotional Thief that robs us of today's peace in anticipation of tomorrow's problems - can I read that one more time - anxiousness it is a feeling of inner unrest and worry that is fueled by the fear of outcomes we may never experience it is an emotional Thief that robs us of today's peace in anticipation of tomorrow's problems.**
- **Let me reframe this not just rephrase this let me reframe this it is an emotional Thief that is significant to some of us because you're familiar with a statement that Jesus made in John 10:10 when he talks about the part of his mission when he says the thief comes to steal kill and destroy - but I've come that you may have life and have it to the full the thief comes only to steal kill and destroy the thief comes only to steal and so the thief has instruments that he uses to steal and to Rob Believers of that which God wants them to possess and what is one spiritual asset an emotional asset that God wants every believer to possess it is the asset of peace and whatever God gives the enemy wants to steal and one of the ways he steals this emotional and spiritual asset of peace is by using a weapon called anxiousness - it is a feeling of inner unrest and worry that is fueled by the fear of outcomes we may never experience - it's wasted it worry it's losing sleep over something that might happen - it's losing Joy over something that might happen and more often than not doesn't even happen a feeling of inner unrest and worry that's filled by the fear of outcomes.**
- We may never experience it's an emotional thief that robs us of today's peace in anticipation of tomorrow's problems and this family.
- **If we're honest and objective is an emotional epidemic that has become a social norm - and although it is normal for those in culture it does not have to be normal for those of us in the Kingdom - I'm not saying those of us in the Kingdom won't have anxiousness - I'm saying those of us in the Kingdom can live in a way where anxiousness doesn't have us.**

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Elevation Church Sermon notes: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

Detailed sermon notes:

- Apostle Paul was having with a group of believers in northern Greece in a place called Philippi and as I was ease dropping on this conversation - I read something Paul said in verse 6 - he tells believers be anxious for nothing – in other words don't be anxious about anything - watch what he's saying here because remember he's writing to believers.
- Watch what he says to them he says - don't be anxious about anything - he's not saying that there's nothing to fear - he's saying - that you don't have to be afraid - did you hear what I just said - okay he's not saying that there nothing to be anxious about but he's saying you as a Believer don't have to be anxious - yeah this is an indication of the principle of exception - and the principle of exception simply suggests that what happens with them does not dictate and determine what happens with me - I'm going to say that one more time - what happens with them does not dictate and determine what happens with me - this is not exceptionalism - he's not saying your better than this - he's saying you're different - in other words don't look at what has happened with others and come to a conclusion of what can happen with you - because what happened with them does not dictate and determine what happens with me - because all throughout scripture we see examples of God making his people exceptions.
- People do not go in a fiery furnace and come out of it - and not smell like smoke - but with the Hebrew boys God made an exception - people don't go in a lion's den with hungry lions and come out not chewed up and consumed - but with Daniel God made an exception - people do not walk around a wall once a day for seven days and then seven times on the seventh day scream at a wall and a wall falls - but with Joshua and the walls of Jericho - God made an exception a Shepherd boy who writes poems – and use a slingshot with a rock and defeat a tall philistine giant - but with David God made an exception. Dead men don't go in a grave stay there 3 days and early Sunday morning get up out of the grave but with Jesus God made an exception and if he can do it for Daniel - if he can do it for the Hebrew boys - if he can do it for David - if he can do it for Jesus - he can do it for you.
- It's a principle of exception he's saying what happens with others doesn't have to dictate and determine what happens for you – Paul is not telling them to deny their circumstances but he is saying as a Believer you can deny its influence - because anxiousness isn't just a result of what you're in -anxiousness is a result of how we allow what we're in to influence us - and so Paul is practical - he teaches us in a way where you have a pastor who teaches biblical truth but then builds a bridge from biblical truth to everyday life. We don't have to be arrested by anxiousness.
- You don't just get Sunday messages here - you get Monday messages here - Pastor what's a Monday message? it's a message I hear on Sunday that I can use on Monday.
- It's another thing to be taught on how to arrest anxiousness - in this letter Paul doesn't just tell them what's possible - Paul offers them a pathway to arrest anxiousness.
- And I just want to know is it okay if I share with you what Paul shared with them - so that we too can have a pathway to arrest anxiousness - do you want me to share with you what Paul shared with them?

# Kev's guys on-line eGroup study notes

Elevation Church Sermon notes: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

Detailed sermon notes:

- There seems to be four areas in the text where Paul shows them where they have to make adjustments if they want to put anxiousness under arrest.
- #1 Adjust Your Perception - Anxiousness doesn't come from what we see - anxiousness comes from how we see - did you hear what I just said? It's not what we see is how we see it - anxiousness isn't necessarily tied to an event or an experience - anxiousness is tied to our interpretation of what it means.
- **I see the importance of this not just in what Paul says but where Paul was when he said it - I told you who he wrote this letter to a group of Believers in northern Greece in a place called Philippi - but I didn't tell you where he was when he wrote - he was actually in prison in Rome. This a prison epistle - so here we have a man who is locked up practically who's writing to other people helping them get free emotionally - he is in prison his future is unclear - he is unsure - yet at the same time he's experiencing this event of imprisonment - he's writing this letter lets us know he's not interpreting this event the way others would interpret it. Because if anxiousness had him - he would only be able to think about him - he wouldn't be able to think about others - if Paul had some anxiousness, the anxiousness didn't have him it didn't arrest him he arrested it.**
- **And we know that because he's able to think about setting other people free when he himself was in prison predicament - Why? He's not unaccustomed of being in prison - which means he has enough experience to say I'm in what I'm in - but it doesn't mean what other people think - it means I'm going to say that one more time - I'm in what I'm in - but it doesn't mean what other people think it means - sometimes our anxiousness doesn't come from what we're in - it comes from what we think it means - but I want to tell you no matter what you're in - it may not mean what you think it means - you may be facing a red sea and you may think it means - it's the end - but what looks like a breakdown is getting ready to become a breakthrough - because just because you're in what you're in doesn't mean it means what you think it means.**
- Gideon was facing an army of thousands and he only had an army of 300 - but it didn't mean what other people thought it would mean - and I want to tell you that sometimes anxiousness isn't the event - anxiousness comes as a result of our interpretation of what we think it means - so if I want to arrest anxiousness - I got to adjust my perception because it's not just what I see - it's how I see it.
- Sometimes we're coming to conclusions about what we think a crisis means when God is a God that redeems the meaning.
- Have you ever been in a season in the present where you were crying tears of pain and then you live and you move into the future and you look back on that thing - and the thing that you were crying tears of pain about are now things you are crying tears of joy - because life is lived forward but understood backwards - because God can change the meaning.
- See Romans 8: "28 And we know that in all things God works for the good of those who love him, who[i] have been called according to his purpose. 29 For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. 30 And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified."

# Kev's guys on-line eGroup study notes

Elevation Church Sermon notes: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

Detailed sermon notes:

- It's not just what you see it's how you see it.
- As one author stated: Every physical miracle can be seen as a metaphor for a spiritual miracle and maybe the miracle we need is spiritually to address our anxiousness – and For God to heal our blind eyes - maybe the issue is not what I'm seeing but how I see - but that's not the only thing I see in the text - Paul doesn't just share with them that if they want to arrest their anxiousness they need to adjust their perception - Paul also shares if they want to arrest their anxiousness - they need to adjust their praise – See verse 4 – Paul says rejoice in the lord always and again I say again rejoice – Paul is encouraging them to engage in a spiritual discipline - the practice of gratitude did you - hear what I just said there? Rejoice in the Lord and again I rejoice – Paul did not say rejoice periodically - he didn't just say rejoice sometimes - he didn't just say rejoice on Thanksgiving - he says rejoice in the lord always.
- God gives you what you want - he didn't say rejoice when God comes through at the timeline that you have set. Paul says rejoice in the lord always - he's encouraging them to make this a practice a spiritual discipline and spiritual disciplines of what we call means of Grace - what is that mean Pastor? God chooses what God uses to give us - what we don't deserve that's a means of Grace – Grace is unearned unmerited undeserved favor - God gives us what we don't deserve.
- What's an example of a spiritual discipline as a means of Grace?
- God says there's some things I won't do if you don't ask - whatever God does for you it's Grace - you don't do deserve it - but I choose what I use to give you what you don't deserve and some people miss Grace because they won't follow the means and gratitude or what the bible calls praise.
- Praise is a means of Grace - Hallelujah.
- I'm going to say that one more time - gratitude or what the Bible calls praise is a means of Grace so when we see books of the Bible like Psalms dedicated to saying praise the Lord - and then we see contained in the book we see instruction that addresses internal objections.
- What's an internal objection? Answer: it's an objection you have internally in church that you don't vocalize so some people say things like - it's not my personality - so David says Okay - since some people are going to say it's not my personality - let me give you all these ways to do it – clap your hands – but I'm not a clapper - lift your hands – but I'm not a lifter - praise them in a dance but I'm not a dancer - and then the Bible says the Lord's in his holy Temple - let all the Earth keep silent before him - everybody's not going to do the same thing - but everybody should do something because there's something for everybody to do in the scriptures - so this is not like a warmup in church for the sermon - it is it is not some spiritual discipline reserved for a specific stream of Christianity - it is something that God has mandated - it is actually the only spiritual discipline that will exist in eternity.
- In Heaven There Will Be praise - so it's not some emotional exercise - it's not some anti-intellectual exercise - it's a means of Grace - God says this is something - I choose to use to give you what you don't deserve - what does praise give me? Praise doesn't get me things from him - praise gets me him - praise doesn't just get me gifts from God praise gets me God – the gift it gets me him.
- See what David says in Psalms 22:3 -

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Detailed sermon notes:

- What does that mean you?
- We just had Thanksgiving right and it was great for all of y'all extroverts - but for some of us Ambiverts and introverts - after a while - we had to duck off for a minute - we had to go upstairs for a minute get some alone time to recharge - so we could go back out and engage - but if I was in my house the whole time so if everybody was in the living room and I was in the living room right and then I leave and I go to my bedroom - I'm still in the in the house - I'm just not manifest - and there are certain things you don't get unless I manifest - if you want to know where something in the house is and I'm the only one that has the answer - you don't get that answer just by me being in the house - you only get that answer when I manifest - when I show up - when I come in the room - and what praising God is an invitation for God to show up - to come in the room - to manifest.
- **And I want to know if I am talking to anybody that needs God to show up - to come in the room to manifest praise – praise is an invitation for the manifest presence of God - what does this have to do with anxiousness? Answer: A lot because God's presence is an automatic eviction of anything that's not like him - when he comes in the room - whatever is not like him has to automatically go out - the presence pushes it out - I said the presence pushes it out - I said the presence will push anxiousness out – the presence will push fear out - the presence will push despair out – the presence of God is an automatic eviction of anything that's not like him.**
- When you're in the presence, you're not in anxiousness - so now it makes sense why Paul told believers in Philippi don't just do this on Sunday - because if you only do this on Sunday the only relief you'll have is Sunday - and God won't just show up - watch this - God shows up in response to sounds - so wherever you release the sound he'll show up - if you release it in the kitchen, he'll come in there - if you release it in your car, he'll come in there - if you release it in the closet, he'll come in there - if you release it in, the bedroom he'll come in there - if you walk in the break room at the office, he'll come in there. If you go to the restroom, he'll come in there - because he'll show up wherever the sound of praise is released.
- It's a spiritual discipline.
- Am I making sense – you see people who are wired like me - who are not necessarily expressive or emotional I had to see this this way - because if not - it just felt like people who had certain personalities - were people who practiced the spiritual discipline - when everybody's supposed to practice this spiritual discipline regardless of your personality - and there are ways in scripture that give everybody a way to practice this - everybody won't do it the same way - so all of those ways in scripture - they are called spiritual temperaments - all of these all of these ways to worship.
- Paul's not just saying this like conceptually - he's saying this experientially - because in the book of Acts - he's on a missionary journey and one of the places he ends up is in Philippi - he takes a partner in Ministry with him named Silas - and they begin to engage in Ministry and as a result of engaging in Ministry they are freed - they performed this exercise of spiritual Liberation - and they free this young lady uh from this evil spirit - and as a result of that, Paul and Silas end up in prison.
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Elevation Church Sermon notes: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

Detailed sermon notes:

- I grew up in Kilmichael Mississippi at the Mount Olive Missionary Baptist Church - we had Sunday school and vacation bible study – and we learned bible stories - and I remember this one because the Sunday school teacher would always start with this phrase– and at midnight Paul and Silas prayed and sang Praises unto God and the Bible says and suddenly when they were praising - there was a great earthquake and the prison doors were opened and immediately - everyone's bands were loose so they got free physically - but the metaphor applies to us spiritually and emotionally - just like their chains fell off because of the presence there are some chains on us that will fall off because of the presence and I want to know is there anybody in the room today that's got some things you need to fall off you.
- **Praise also shifts our perspective – in Psalms where David says magnify the Lord with me - if you use a magnifying glass - it doesn't make the thing larger - it makes it larger to you - did you hear what I just said? if you put an ant under a magnifying glass, the ant is the same ant - I can't make God larger - he's already as large as He can be - can be but when I magnify him - it right sizes God and gives me the right perspective - and sometimes we're struggling with anxiousness not because the problem is too big - your God's too small - praise reminds me of his large-ness of his faithfulness - of his power - it requires mindfulness - it requires filling my mind with the goodness of God it requires me going back into my history and reminding my soul of his faithfulness - of how he's never lost a battle.**
- Every time you couldn't see your way through and you were worried and stressed and anxious but somehow - somehow - every single time God came through - and he didn't bring you this far to leave you now – he never lost the battle and he never will.
- So how do we arrest anxiousness? Adjust your perception, adjust your praise, know that praise is spiritual discipline, adjust my perspective, adjust my prayers, and adjust my practices.
- Paul says in verse 6 and 7 “do not be anxious for anything but in every situation by prayer and petition.”
- The word prayer here is a word supplication that's what it means so there different types of prayers - there's prayers of intercession where I'm standing in the gap for someone else - there are prayers of thanksgiving when I'm not requesting anything I'm just thanking God for what he's done – and there are prayers of supplication - making a specific request now.
- I want you to hear me this is so important - this is an area where for many of us there's a unconscious struggle- it's a struggle and we don't even know it's a struggle - listen to me - the purpose of prayer is not to notify God of a need - the purpose of prayer is not to notify God of a need - the purpose of prayer is to express our dependency and to remind you that you don't have control.
- **Every time I pray I'm not reminding God of anything - I'm reminding me I'm actually not in control and even when I think I'm in control and I get comfort from being in control - I'm not - so prayer frees me from the illusion that I can control what I can't - it's God - I'm not God - and some of my anxiousness is because I'm trying to play a role I want to control - I want to control my destiny – I want to control my family - I want to control my kids I want to control the economy - I want to control business - and prayer is a way of reminding me I have control of my actions but God control outcomes.**

# Kev's guys on-line eGroup study notes

Elevation Church Sermon notes: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

Detailed sermon notes:

- I can till the garden - I can plant the seed - but only you can make it right - so why am I anxious about the weather when I can't control it - some of the weight we're carrying is not weight God gave us - your shoulders aren't broad enough to handle weight of God.
- **The question I think the father wants to ask us today is do you and I have any logical reason to believe that he will not act in our best interest - I've lived long enough not to trust my decision making - which leads me to my final point - we not only have to just our prayer where we are really specific - we're offering supplication - very specifically not about anxiousness itself but the things that we're actually anxious about - doing enough digging to say Lord I need to bring this before you - I'm actually trying to control the way I'm perceived - I'm anxious about that - let me bring that before you.**
- I'm actually trying to control my children - I don't want them to make some of the mistakes that I made - but you helped me survive mine - and why do I not believe that you'll help them survive theirs - I need to bring this before you - and then finally I've got to adjust my practices.
- Paul like he talks to them about their perception - their praise - their prayer and then in verse 8 – Paul he says this is the final ingredient in the recipe - that you can do all the other things that I just told you to do but if you don't do what I'm about to say- you won't get this result of arresting anxiousness - you have to include this after you get through praising and praying - you have to adjust your practices when you're done - when you're saying amen talking to God - when you're done praying and saying amen – what are you thinking about? He's warning them against an undisciplined imagination where my thoughts are just going wild - oh my God - the company said they laying off - they probably are going to come to my department - my supervisor doesn't like me - they probably going to lay me off – If I get laid off we're not going to be able to keep the house - if we can't keep the house I got to go live with my parents or in-laws - I don't know I can live with my in-laws - we going to be on the street my kids going to be in the car - spiraling it's an undisciplined imagination.
- **So Paul says – Here is what you got to think about - and he literally has a conversation with believers in Corinth and this is kind of the essence - it's not the only part but it's the essence of what we would call spiritual warfare - he tells him in 2<sup>nd</sup> Corr 10 - you have to take every thought captive and make it obedient to Christ - don't allow those thoughts to accumulate - because the accumulation of those thoughts actually becomes strongholds - so he says - throw it away - when it's a brick instead of trying to knock it down when it becomes a wall - so he says hey whatever is true - whatever is noble - whatever's right - whatever's pure - whatever's lovely - whatever's admirable - find something praiseworthy - what's worthy of praise - he says - think on these things and watch what he says - I know this isn't in my notes - but I want you to see this in verse 9 - because early in the text he says the peace of God but in verse 9 he says this and the God of Peace - he says if you do these things and the God of Peace will be with you when you get anxious.**

# Kev's guys on-line eGroup study notes

Elevation Church Sermon notes: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

Detailed sermon notes:

- I want you to think about this: Has God ever not come through even if you cried - was he faithful to his promise - that those who so in tears will reap in joy - even if you walk through grief the valley of the shadow of death - has He been with you? Has there ever been a time that God didn't give you what you needed? He doesn't always give us what we want - but has there ever been a time where he didn't give you what you needed? He's never lost the battle - and he never will - we're human we will have anxiousness - but anxiousness does not have to have us - we can put anxiousness under arrest. Father, as we prepare to celebrate the coming of the Prince of Peace in this Advent season - I pray for your people everywhere that we would have unprecedented experiences with the peace of God – Heavenly Father - would you assist us in arresting our anxiousness and may peace and joy be our portion both now and forever - we ask it all in Jesus' name. Amen.
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## **Part 2: eGroup study questions**

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

"if you were to barricade yourself in a room with the Bible and explore and examine all the instructions that God offers from Genesis to Revelation - what is the most common command given to humans from God all throughout the pages of Holy Scripture?"

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

"if you were to barricade yourself in a room with the Bible and explore and examine all the instructions that God offers from Genesis to Revelation - what is the most common command given to humans from God all throughout the pages of Holy Scripture?"

Answer:

"fear not"

Some variation of this command is found over 300 times in scripture - God says fear not - don't be afraid - calm down - chill out - breathe - drink some water - drink some coffee - take a walk

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

According to the wisdom from Dr. Daniels why does God need to tells to "fear not" over 300 times?

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

According to the wisdom from Dr. Daniels why does God need to tell us to fear not over 300 times?

- We have a human orientation toward anxiousness.
- The enemy is an emotional thief that robs us of today's peace in anticipation of tomorrow's problems
- The thief has instruments that he uses to steal and to rob believers of that which God wants them to possess.
- The Devil uses a weapon called anxiousness - it is a feeling of inner unrest and worry that is fueled by the fear of outcomes we may never experience - it's wasted it worry - it's losing sleep over something that might happen

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

"If we're honest and objective is an emotional epidemic that has become a social norm - and although it is normal for those in culture it does not have to be normal for those of us in the Kingdom - I'm not saying those of us in the Kingdom won't have anxiousness - I'm saying those of us in the Kingdom can live in a way where anxiousness doesn't have us."

What actions can you take this week to to ensure anxiousness "does not have you?"

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

Two excellent resources:

**#Struggles:** Following Jesus in a Selfie-Centered World by Craig Groeschel (Author)

**The Anxious Generation** by Jonathan Haidt - New York University social psychologist, "argues that access to smartphones and social media has contributed to the current youth mental health crisis and rising levels of loneliness and depression."

Comments by Bill Gates:

- The book is a "must-read" for both parents and educators
- Haidt's book also "offers real solutions wrote Gates, including more research and suggested regulations around social media age limits.
- "A roadmap for how we can change course"

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

What is this principle of exception that Dr. Daniels mentioned?

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

What is this principle of exception that Dr. Daniels mentioned?

Additional thought leadership by Dr. Daniels:

- In explaining the principle of exception, what happens with others doesn't have to dictate and determine what happens for you.
- Paul is not telling them to deny their circumstances - but he is saying as a Believer you can deny its influence - because anxiousness isn't just a result of what you're in -anxiousness is a result of how we allow what we're in to influence us.
- So Paul is practical – like Pastor Furtick, he teaches biblical truth but then builds a bridge from biblical truth to everyday life.
- We have to arrest anxiousness.

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

So – how do we arrest anxiousness?

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- **Adjust Your Perception** - Anxiousness doesn't come from what we see - anxiousness comes from how we see things - anxiousness isn't necessarily tied to an event or an experience - anxiousness is tied to our interpretation of what it means.
- **Paul is in prison when he writes Christians in Philippi and provides a great example** - in prison his future is unclear - at the same time he's experiencing this event of imprisonment - he's writing this letter lets us know he's not interpreting this event the way others would interpret it - if Paul had some anxiousness, the anxiousness didn't have him - it didn't arrest him he arrested it.

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

So – how do we arrest anxiousness?

- No matter what you're in - it may not mean what you think it means - what looks like a breakdown is getting ready to become a breakthrough.
- Have you ever been in a season where you were crying tears of pain and then you move into the future and you look back on that thing - and the thing that you were crying tears of pain about are now things you are crying tears of joy? **Life is lived forward but understood backwards.**

So – how do we arrest anxiousness?

- **Adjust your praise**
- Paul says rejoice in the lord always and again I say again rejoice
- Paul is encouraging them to engage in a spiritual discipline - the practice of gratitude.
- Paul did not say rejoice periodically - he didn't just say rejoice on Thanksgiving - he says rejoice in the lord always.
- Some people miss Grace because they won't follow the means and gratitude or what the bible calls praise - - it is it is not some spiritual discipline reserved for a specific stream of Christianity - it is something that God has mandated - **it is actually the only spiritual discipline that will exist in eternity.**

So – how do we arrest anxiousness?

- Some people miss Grace because they won't follow the means and gratitude or what the bible calls praise - - it is it is not some spiritual discipline reserved for a specific stream of Christianity - it is something that God has mandated - it is actually the only spiritual discipline that will exist in eternity.
- In Heaven There Will Be praise
- Pslams 22:
  - Therefore my heart is glad and my tongue rejoices;
  - my body also will rest secure,
  - 10 because you will not abandon me to the realm of the dead,
  - nor will you let your faithful one see decay.
  - 11 You make known to me the path of life;
  - you will fill me with joy in your presence,

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

So – how do we arrest anxiousness?

- **Praise is an invitation for the manifest presence of God**
- What does this have to do with anxiousness? Answer: A lot because God's presence is an automatic eviction of anything that's not like him
- Stated another way, when you're in the presence of God, you're not in anxiousness.
- Just like Paul and Silas in Acts Acts 16:25-26 – When we praise God, chains on us that will fall off

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

So – how do we arrest anxiousness?

- Praise is spiritual discipline.
- And everybody won't do it the same way - all of those ways in scripture - they are call spiritual temperaments - all of these all of these ways to worship.
- **Adjust your practices** – don't have an undisciplined imagination where things spin out of control of your mind – in 2nd Cor 10, Paul says you have to take every thought captive and make it obedient to Christ - don't allow those thoughts to accumulate - because the accumulation of those thoughts actually becomes strongholds

Sermon Discussion: "Arresting Anxiousness" by Dr. Dharius Daniels on 12/1/2024

So – how do I arrest anxiousness? Answer: Adjust my perception, adjust my praise, know that praise is a spiritual discipline, adjust my perspective, adjust my prayers, and adjust my practices. **Closing Prayer:** I want you to think about this: Has God ever not come through even if you cried? - was he faithful to His promise - that those who so in tears will reap in joy - even if you walk through grief the valley of the shadow of death - Has He been with you? Has there ever been a time that God didn't give you what you needed? He doesn't always give us what we want - but has there ever been a time where he didn't give you what you needed? He's never lost the battle - and he never will - **we're human we will have anxiousness - but anxiousness does not have to have us - we can put anxiousness under arrest. Father, as we prepare to celebrate the coming of the Prince of Peace in this Advent season - I pray for your people everywhere that we would have unprecedented experiences with the peace of God – Heavenly Father - would you assist us in arresting our anxiousness and may peace and joy be our portion both now and forever - we ask it all in Jesus' name. Amen.**

# Back up material

Sermon Discussion: "God Gave It To Me" by Pastor Steven Furtick on Nov. 17, 2024

Closing Prayer on 11/17/2024: "I want to pray over those things in your life right now, whether they are gifts or glitches. I want you to see them as in the same hands, the hands of God. There's something significant God is trying to get you to take responsibility for today. As you take responsibility for that thing, he is calling you to reframe it and refocus it. The starting place is not the problem; the starting place is God. So now, God, we worship you because you're great. We thank you for all of the battles you've won for your people. We thank you for all of the times that all we had was a donkey's jawbone, but you did it. He's the one who cleansed you. He's the one who set you free. God, we're not going to get to this place in our lives and think we have to do it by ourselves. We have a really good record of what you've done."

## Kev's guys on-line eGroup study notes

Sermon Discussion: "God's Got The Hard Part!" - Pastor Steven Furtick on Nov. 10, 2024

Closing Prayer: "Praying For Those Who Are Buried: Right now bow your head and close your eyes. The Spirit of the Lord is moving powerfully. Maybe in your living room, maybe in our kitchen, maybe in your sickbed, maybe in your car, maybe in your workout, maybe in your mid-night hour, maybe right here in this church on the fourth row, God has you in the soil. It's not hard for him; it's hard for you. It's easy for him. He's God. But it's hard for you to know how long, to know what to do. It's okay to be like the man in the passage, to say, "I don't know how." The how part is not your job; it's God's part. I declare in the name of Jesus that you are a seed too, that God is working through your life, that God is giving you nutrients you know not of in this season, that God is giving you everything you need for the calling he has assigned to your life. You, like a mustard seed, might start out small, but there will be really big branches - if you faint not. "Let us not become weary in well-doing, for in due season we shall reap if we faint not." I declare over your life today that this is rich soil. This is good ground. You are hidden under the shadow of the Almighty. This is good ground. You are planted in the garden of the Lord. You are an oak of righteousness, and this is good ground. Now let me pray for your children you're worried about. God has them in good ground. They're going to bring forth things too. They're going to be bread too. They're going to go through a process too. You just keep on praising right through that process. You keep praising while God is doing stuff in the studio. You keep praising while God keeps producing."

Sermon Discussion: "God's Got The Hard Part!" - Pastor Steven Furtick on Nov. 10, 2024

What does Pastor Furtick mean when he uses the term "buried bread?"

"In Mark, chapter 4." Jesus said to them he is the bread. He's talking to them about seed, but he is bread. He's giving them a picture of what is possible, and he's painting it on a level that they can comprehend. The seed can't stay in your hand and become a harvest. I'm trying to tell you, "Let go." Let go of your need to control people and just start adjusting your access. Let's go back to our key verse. Mark 4:28: "All by itself the soil..." The soil represents God. The soil represents "In him I live and move and have my being." The soil lets me know that when the seed went out of sight, it didn't go away. It went somewhere to change. Everything in your life has to go through the soil to become what it's meant to be. If it never gets planted, it never becomes grain. If it never becomes grain, it will never be bread. If it never is bread, it will never be what it was meant to be. So, before it can be bread, it has to be buried."

The soil is where God produces you.

What is your primary job here?

**Outstanding theology Here – I really lean in when Pastor Furtick talks about Gideon in Judges 6:**

“When God Goes In” by Pastor Steven Furtick – March 27, 2023

“Make Peace With Your Strength” by Pastor Steven Furtick – April 2, 2023

“Breaking The Bondage Of Wrong Belief” by Pastor Steven Furtick on 8/11/2024

Power quote from Pastor Furtick on 8/11/2024: *“They have come into a land whose customs have become their captivity. They have come into a land that God gave them, and the customs of that land have become their captivity. The Lord says, “Gideon, I want to use you to lead a revolt and a revolution. I’m going to enable you, strengthen you, supply you, and give the enemy into your hand, and you will strike them all down.” Gideon said, “Me? I’m the least in my family. My clan is the least in the nation. Why me?” God said, “Why you? Because me.” God turns 2s into 10s instantly. Only God can do that. The beauty of this is God doesn't say, “Gideon, I’m going to put you through a preparation process. This is going to take three years to get it done.” He has actually been preparing Gideon while Gideon has been hidden. Do you know God has been preparing you while you have been hidden too? Do you know God has been giving you tools, resources, lessons, words, and confirmations while you have been in the cave of what you perceive to be your abandonment and wasted season?”*

## Kev's guys on-line eGroup study notes

Sermon notes – “The Gift Of Grief” by Lisa Harper – on July 7, 2024

Awesome prayer by Lisa Harper on 7/7/2024 – in the sanctuary, most of the congregation is standing – those in grief are sitting – remarkable moment:

- Closing Prayer: “I'm near to those whose lives feel crushed today - this low point in your life - if you bring it to the Lord – He will lead you to a place of intimacy - a place of personal revival - that you probably haven't had the faith to carry – lower your pretense in this family of God - For those of you who are grieving - if the Holy Spirit confirms - would you be audacious enough to even right now say thank you God I'm going to choose to be grateful for this grief? - I can't see around the corner of my circumstances - yet I really do believe You will answer and I really do believe you're enough - and I really do believe you're close to the brokenhearted - and so I'm going to choose right now - I'm going to say thank you - I don't feel it yet - but I'm going to say thank you for this grief because somehow - some way you're going to use even this dead-dog of a season to make me more dependent on you - to make me lean into my brothers and sisters more closely - you're going to build in me a heart of flesh instead of allowing me to hide my heart of stone - King Jesus come and bring Revival - King Jesus come and bring healing - Thank you God.”

Have a good navigational beacon in 2022:

“Life and Leadership at the Highest” A quote from an unknown author and requoted by Pastor Tim Keller in his sermon “This is Jesus” part 4 “Two Grieving Sisters Encounter Jesus” at Oxford University in 2016: “The accounts of Him in the New Testament speak for themselves – He combines qualities that no one has ever seen – despite his incredible claims, we never see him pompous, offended, or standing on his own dignity. Despite being absolutely approachable to the weakest and most broken people, he is completely fearless before the powerful and the corrupt. Despite being weary and lonely, we find him remarkably human - filled with joy, fear, love, and anger. Yet, we never see him Moody. We never see him being inconsistent. We never see Him strong when He should be tender and we never see Him tender when He should be strong. Most interesting of all – Of all his encounters with people - we are continuously surprised – shocking us - but never disappointing us – it is difficult for us to imagine words that Jesus ought to have said or deeds that he ought to have done. Nothing he has done ever falls short - in fact He is always surprising us - because He is incomparably better than what we could imagine for ourselves. Why? These are the surprises of perfection – He has tenderness without weakness – He has strength without harshness – humility without the slightest lack of confidence – unhesitating authority without the slightest sense of self-absorption – Holy and unbending convictions without the slightest lack of approachability – power without insensitivity – passion without prejudice – there is never a false step – there’s never a jarring no – this is life at the highest.”