

## NEW CITY DAILY DEVOTIONAL FOR WEEK OF 7/20/2020-7/24/2020

The following content is based on the message on 7/19/20 at New City Church in Phoenix, AZ. It is not meant to be a full synopsis, but rather a resource to help you analyze and apply the main ideas. To use this devotional effectively, please listen to the message found at <http://newcityphx.com/sermons/>.

### MONDAY // DO NOT BE ANXIOUS

**Read Matthew 6:25-30.** Before the pandemic started, we knew that about 20% of the U.S. population suffered with an anxiety disorder. As you could imagine, it is probably elevated even more now. Everywhere we turn, it seems as if there is something trying to make us more anxious. Our antidote typically is to turn to something of the world that promises more stability. However, God promises to give us everything that we need. He promises to provide for us. The best way to deal with anxiety is to recognize where the anxiety is coming from and to invite God into that area of your life. Or maybe you have done that, but you feel like God isn't responding. Keep faithfully inviting God into this area of your life.

#### **Faith is the antidote to fear.**

- *Anxiety will never go away if you pretend that it doesn't exist. Set a five minute timer and ask yourself where your anxiety is coming from. Take a few moments to write down what you find.*
- *What can you do to invite God into your anxiety? Remember, that God can often speak to people through others. Consider sharing with someone else.*

### TUESDAY // SEEK FIRST THE KINGDOM

**Read Matthew 6:31-34.** Part of turning to God means that we need to find our security in Jesus, not in the physical things of the world. To help us turn to him, God asks us to give up some physical comfort. God asks us to give. He asks us to fast. These things remind us that life isn't about controlling our physical comfort. God cares about our physical needs, but he wants us to seek after our spiritual life as more important than our physical life. This should give us so much hope because we know that all life will end with physical death. God's kingdom involves the physical world today, but it ultimately will last for all of eternity.

#### **From where do you gain your security?**

- *How has this pandemic revealed to you where you find your security?*
- *Reflect on how unstable the world is. Set a timer five minutes or more. Sit in silence and ask the Holy Spirit to comfort you in the middle of this unstable world.*

### WEDNESDAY // THE UNSHAKABLE KINGDOM

**Read Hebrews 12:28-29.** The reason that God wants us to seek His kingdom is because He knows that His kingdom is best for us. In this world, you will have troubles, so it's important to turn to that which cannot be shaken instead of pretending

everything is fine. The kingdom of God is unshakable. If you look around you, many things probably seem unstable. Why? Because the kingdom of the world is unstable. So again: the key to dealing with the instability of this world isn't pretending that things are fine, but rather turning to that which cannot be shaken.

#### **Our foundation has to be built on something that is unshakable.**

- *How are you tempted to look at the world and try to pretend that everything is fine?*
- *How does being honest with how unstable the world is drive you toward God?*

### THURSDAY // LET BROTHERLY LOVE CONTINUE

**Read Hebrews 13:1-9.** Knowing that the God's kingdom cannot be shaken should free us up to live more like Jesus. If we live in the kingdom of this world, it would make sense that people would act selfishly. It would make sense that someone would treat themselves as better than others. It would make sense to hoard our belongings. But the writer of Hebrews says that should not be the way of the Kingdom of God. He says that we should love and care for each other. We should honor each other. He says that we should be generous.

- *Reflect on this statement that the writer of Hebrews attributes to God: "I will never leave you nor forsake you." What are some ways that have you felt the Holy Spirit's presence with you recently?*
- *We must let God into all areas of our life. How confidently can you say, "The Lord is my helper?"*
- *How do you need to submit to the Holy Spirit's leading to change your daily behavior?*

### FRIDAY // SORROW IN JESUS' SOUL

**Read Matthew 26:36-46.** Jesus experienced deep pain and anxiety. Leading up to the cross, Jesus took time to pray. His soul was deeply troubled—to the point of sweating blood. How did Jesus deal with His pain? He recognized it and asked God to help Him with it. But God's response to Jesus is different from His response to us. We find that God actually forsook Jesus on the cross. But God's response to us is different. He promises that He will never leave us or forsake us. We can confidently trust that God is with us because of what Jesus did for us.

#### **Jesus was forsaken so that we would never have to be forsaken.**

- *Reflect on the fact that Jesus was forsaken by God so that you would never have to be forsaken. What response does that evoke in you?*
- *Set three reminders in your phone today to remind you that God has not forsaken you. Commit to thanking God for His presence when you are reminded that He is with you.*