



What causes you to feel anxious?

**1. \_\_\_\_\_ Creates \_\_\_\_\_.**

- *The human brain, it has been written, is an “anticipation machine, and ‘making future’ is the most important thing it does”. The ability to use past experiences and information about our current state and environment to predict the future allows us to increase the odds of desired outcomes, while avoiding or bracing ourselves for future adversity. This ability is directly related to our level of certainty regarding future events – how likely they are, when they will occur, and what they will be like.*

Note the uncertainties and anxieties of the first Easter:

**a. Uncertain \_\_\_\_\_**

- *Mary stood outside the tomb crying. ...They have taken my Lord away,” she said, “and I don’t know where they have put him.” John 20:11,13*

**b. Uncertain \_\_\_\_\_**

- *Mark 16:3 they asked each other, “Who will roll the stone away from the entrance of the tomb?”*
- *Mark 16:8 Trembling and bewildered, the women went out and fled from the tomb. They said nothing to anyone, because they were afraid.*

**c. Uncertain \_\_\_\_\_**

- *John 20 19 On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews,*

What are the uncertainties creating anxiety in your life today?

**2. \_\_\_\_\_ Creates \_\_\_\_\_.**

Jesus replaces anxiety with certainty and hope...

**1. Your relationship with Jesus is \_\_\_\_\_!**

- *John 20:16 Jesus said to her, “Mary.”*
- *John 20:26 A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, “Peace be with you!”*
- *Matthew 28:20 And surely I am with you always, to the very end of the age.”*
- *Matthew 18:20 where two or three come together in my name, there am I with them.”*
- *Hebrews 13:5 God has said, “Never will I leave you; never will I forsake you.”*

**2. The evidence about Jesus is \_\_\_\_\_!**

- *Mark 16:6 “Don’t be alarmed,” he said. “You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him.*
- *John 20:8 Finally the other disciple, who had reached the tomb first, also went inside. He saw and believed.*
- *John 20:27 27 Then he said to Thomas, “Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.”*
- *John 20:30 Jesus performed many other signs in the presence of his disciples, which are not recorded in this book. 31 But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.*

**3. Your future with Jesus is \_\_\_\_\_.**

- *Psalms 139:23 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.*
- *1 Corinthians 15:19 If only for this life we have hope in Christ, we are to be pitied more than all men. 20 But Christ has indeed been raised from the dead, the firstfruits of those who have fallen asleep.*
- *John 14:19 Because I live, you also will live.*
- *John 11:25 Jesus said to her, “I am the resurrection and the life. He who believes in me will live, even though he dies; 26 and whoever lives and believes in me will never die. Do you believe this?”*

**Jesus lives to give you certain hope for uncertain times!**