

- **27.3% of American adults have anxiety problems.**
- **41.7% of young adults (18 to 29 years) suffer from anxiety.**
- **64% of people w/mental illness say the holidays make their conditions worse.**
- **3 in 5 Americans feel their mental health is negatively impacted by the holidays.**

Week 1 – Hope > Despair (Jn 14:27)

Week 2 – Confession > Concealment (Jn 2:23-3:21)

Week 3 – Perseverance > Fragility (Jn 16:31-33)

Week 4 – Local Presence > Omnipresence (Jn 1:1-18)

Week 5 – Doctrine > Desire (Jn 8:30-36)

John 8:30-36

Then many who heard Him say these things believed in Him. Jesus said to the people who believed in Him, “You are truly My disciples if you remain faithful to My teachings. And you will know the truth, and the truth will set you free.” “But we are descendants of Abraham,” they said. “We have never been slaves to anyone. What do You mean, ‘You will be set free’?” Jesus replied, “I tell you the truth, everyone who sins is a slave of sin. A slave is not a permanent member of the family, but a son is part of the family forever. So if the Son sets you free, you are truly free.

JOHN 8:30-36

1. A statement about ultimate reality
2. A claim to exclusivity and sufficiency
3. An ultimatum between captivity and freedom

A Statement About Ultimate Reality

John 8:32 - "The truth will see you free."

Sheilaism

"My religion is I listen to a voice in my heart for what is right and wrong. My religion is Sheilaism. I worship the little voice inside that tells me what to do. And there's only one person in my religion. Me."

Three Criteria of Great Untruth

1. It must contradict ancient wisdom.
2. It must contradict modern psychological research on well-being.
3. It must harm the individuals and communities who embrace it.

Three Great Untruths

1. The Untruth of Fragility – What doesn't kill you makes you weaker.
2. The Untruth of Us versus Them – Life is a battle between good people and evil people.
3. The Untruth of Emotional Reasoning – Always trust your feelings.

“Sages in many societies have converged on the insight that feelings are always compelling, but not always reliable. Often they distort reality, deprive us of insight, and needlessly damage our relationships. Happiness, maturity, and even enlightenment require rejecting the Untruth of Emotional Reasoning and learning instead to question our feelings. The feelings themselves are real, and sometimes they alert us to truths that our conscious mind has not noticed, but sometimes they lead us astray.”

“Substantively, I failed to convey what is my truth.”

A Statement About Ultimate Reality

- John 8:32 - "The truth will see you free."
- The truth is good for you.
- My truth is not always the truth.
- Not all truth claims are created equal.

A Claim to Exclusivity and Sufficiency

8:31-32 – Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.”

Pressing Issues of the Early Church

1. Multi-Ethnic Unity
2. Perseverance
3. False Teaching/Doctrine

JUDGES 21:25

In those days Israel had no king; all the people did whatever seemed right in their own eyes.

Doctrine explains to the Church the way and will of God, our Creator and Designer.

An Ultimatum Between Captivity and Freedom

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