

## Recognizing the Cause and effects of Anxiety

### Deliverance from anxiety is available!

- John 14:12-; 16:31; 1 Peter 5:7-10; Phil. 4:6-7; Psalm 55, 56

### Definition of anxiety.

Uneasy feeling of uncertainty, agitation, dread, or fear. In which the mind is preoccupied, distracted. Greek word meant 'divided mind.'

Anxiety is the emotional state of a divided mind caused by the perception or reality of impending loss.

### Effects of anxiety.

1. Distracts and deviates from God's priorities. It is contrasted with 'seeking first God's kingdom' 6:33 Illustration: Israel in Numbers 14
2. Causes panic, depression, despair. Psalm 55:2-7 - What are the effects of anxiety in David? What is the immediate cause? What is His remedy?
  - a. Illustration of Peter walking on water. Matt. 14
3. Anxiety never helps in any way. It only makes it worse. Matt 6 "which of you by worrying can add 1 cubit to his stature. . . ."
4. Lead to utter panic, depression and hopelessness. Psalm 55:2-7
5. Lose perspective, complain, assume the worst, slander E.g. Israel after the report of the spies.
6. Chokes the Word and makes it unfruitful. Mt 13:22
7. Has no effect on changing the outcome.
8. It causes our mind to be intoxicated with thoughts that trigger unwise speech and acts. 2 Pet 5:8 it is contrasted with 'sober-minded' = non intoxicated
9. Weighs down the heart Prov. 12:25; Lk 22:34 - uses of the weight of unbearable affliction 2 Cor. 1:8; the weight or pressure of cares

### Immediate occasions of anxiety.

**Spontaneous Anxiety** - the natural response to the presence of perceived or real circumstances that can harm us or others. The Lord didn't rebuke Israel's initial fears when they were told of the giants in the land. He instructed, reminded and promised His care and presence with them.

1. Fear of death. There are so many ways to die that a person can obsess over dozens of different fears
  - a. car accidents, accidents, cancer, terrorist, crime, war, chemicals,
2. Fear over the effects of death: separation, loneliness, isolation, darkness, unhappiness, loss of relationship.
3. Loss of health or abilities
4. Loss of financial security or things that we feel we need to bring us pleasure. James 4:1-3

5. Fear of anxiety.
6. Fear of what we need to live. Matt. 6
7. Fear of other's displeasure or disapproval. Fear of man. Shame. Matt 6 don't worry about your height,

## All people battle against anxiety.

1. "Scripture never looks down on the sufferer, it never mocks our pain, it never turns a deaf ear to our cries, and it never condemns us for our struggle. The Bible presents to the sufferer a God who understands, who cares, who invites us to come to Him for help."
2. It is a temptation all people battle in even the godliest. David - Psalm 55, 56; Paul. Acts 18:8; Jesus Luke 22:40-46
3. **Jesus invites difficult, troubled people to come talk to Him: Matthew 11:28**, Jesus gives us rest and peace: I think in all of religion the craziest sentence a god ever uttered: **"Come to me, all who labor and are heavy laden, and I will give you rest."**
4. **Thomas Cranmer recanting and then confessing Christ, putting his right hand into the flames first.**

## The Ultimate Cause of anxiety

It is caused ultimately by our choice to respond to fear by distrust in God.

- How does Phil. 4:6 and Matthew 6:25,31 indicate we are responsible for our anxiety?

**Sinful anxiety** - Is a willful, conscious decision to disregard the truth that would help calm their fears.eg. Israel in Deut. 1:21-33. God initially didn't rebuke Israel for their fear. Instead He appealed to them by reassuring them of his promises to care for them. It was their refusal to listen and trust Him, their refusal to believe and be comforted by God that was rebuked by God. Their normal fear morphed into sinful anxiety and left them tragically in the desert where they would learn to trust Him. They wasted 40 years in the desert instead of the Promised Land because of their willful anxiety.

Illustration: Like a Father telling his child to trust that he will carry him safely across the stream. When the child screams and fights against the father as he attempts to carry them the ultimate issue is no longer the child's response to the stream but to his father.

## God's Remedy for Anxiety

1. Enabled by God Himself
  - a. John 14:27; 16:33; Acts 4:31; Phil. 4:7; Galatians 5:22-24
2. Prompted by our decision to believe and trust what God says. Psalm 56:3,10; 1 Peter 5:7-8; Deut. 1:29-33