

Anxiety and Depression - Part 1

Theme of the Series: Identity, Intimacy & Authority

Today: The essence of man and the origin of anxiety and depression.

1Corinthians 2:2 For I decided to know nothing among you **except Jesus Christ and him crucified.**

2Corinthians 1:20 For **all the promises of God find their Yes in him** (Jesus Christ). That is why it is through him that we utter our Amen to God for his glory.

Do not be **anxious** about anything....

According to the National Institute for Mental Health -

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.

An estimated 17.3 million adults in the United States had at least one major depressive episode. This number represented 7.1% of all U.S. adults.

Center for Collegiate Health 2018 Annual Report -

“As assessed by clinicians, anxiety and depression continue to be the most common concerns of students.”

Anxiety and Depression are huge issues that often are approached as strictly a physical or chemical problem that requires a strictly medical solution. Others see Anxiety and Depression as exclusively a spiritual issue that can and should be responded to with prayer, counseling, intensive time in the Bible and encouraging someone to “bolster” their faith.

Both perspectives are flawed in that they are treating something that is a “both/and” versus an “either/or”. God made man as a spiritual being with a physical body. The soul and the body are unique and separate but inseparable, until death.

God is our creator and has graciously given us His truth, the Scriptures to guide us in all things. All things include anxiety and depression.

*“The whole counsel of God concerning all things necessary for his own glory, man’s salvation, faith and life, is either **expressly set down in Scripture**, or by **good and necessary consequence may be deduced from Scripture**: unto which nothing at any time is to be added, whether by new revelations of the Spirit, or traditions of men. Nevertheless, **we acknowledge the inward illumination of the Spirit of God to be necessary for the saving understanding of such things as are revealed in the Word** and **that there are some circumstances** concerning the worship of God, and government of the church, **common to human actions and societies, which are to be ordered by the light of nature, and Christian prudence, according to the general rules of the Word**, which are always to be observed.”*
Westminster Confession of Faith

2Peter 1:2 May grace and peace be multiplied to you in the **knowledge of God and of Jesus our Lord.**

2Peter 1:3 His divine power has **granted to us all things that pertain to life and godliness**, through the **knowledge of him** who called us to his own glory and excellence,

Psalms 34:18 The **LORD is near** to the **brokenhearted** and saves the **crushed in spirit.**

“I came that they may have life and have it abundantly”

Jesus

The causes of **Anxiety** and **Depression** are varied and complex:

Genetic predispositions, Chemical imbalance,

Grief, Loss

Excess Stress, Trauma

Abuse, Loneliness

Lifestyle factors, Thinking patterns

Inability to predict or control the future

Identity issues (believing lies instead of the truth)

Hopelessness

Sin

Demonic

All the above...

Today's Key Word: Categories

Colossians 1:15 He (Jesus) is the image of the **invisible God**, the firstborn of all creation.

Colossians 1:16 For by him **all things were created**, in **heaven** and on **earth**, **visible** and **invisible**, whether **thrones** or **dominions** or **rulers** or **authorities**—**all things were created through him** and **for him**.

Colossians 1:17 And **he is before all things**, and **in him all things hold together**.

The essential nature of man

Genesis 1:1 In the beginning, **God**...created the heavens and the earth.

Genesis 1:26a Then God said, “Let us make man in our image, after our likeness...

Genesis 1:27 So God created man in his own image, in the image of God he created him; male and female he created them.

***God created human beings, men and women
to be more like him than anything else He made!***

Genesis 2:7 then the LORD God **formed the man of dust from the ground** and **breathed into his nostrils the breath of life**, and **the man became a living creature**.

***The emphasis in Scripture is on the overall unity of man - body and soul.
The material part of man (physical body) and the immaterial part of man (soul)
are inseparable and function together as one,
until the two are separated by death.***

Genesis 35:18 And as her **soul was departing** (for she was dying), she called his name Ben-oni; but his father called him Benjamin.

Psalms 31:5 Into your hand **I commit my spirit**; you have redeemed me, O LORD, faithful God.

Luke 23:43 And he said to him, “Truly, I say to you, **today you will be with me in paradise.**”

Acts 7:59 And as they were stoning Stephen, he called out, “**Lord Jesus, receive my spirit.**”

Philippians 1:23 I am hard pressed between the two. My desire is to **depart and be with Christ**, for that is far better.

Philippians 1:24 But to **remain in the flesh** is more necessary on your account.

2Corinthians 5:8 Yes, we are of good courage, and **we would rather be away from the body and at home with the Lord.**

Revelation 6:9 When he opened the fifth seal, **I saw under the altar the souls** of those who had been slain for the word of God and for the witness they had borne.

2Corinthians 7:1 Since we have these promises, beloved, let us cleanse ourselves from every defilement of **body and spirit**, bringing holiness to completion in the fear of God.

John 1:14 And the **Word became flesh** and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

Luke 2:40 And the **child grew** and became strong, filled with wisdom. And the favor of God was upon him.

John 4:6 Jacob’s well was there; so Jesus, **wearied** as he was from his journey, was sitting beside the well. It was about the sixth hour.

Matthew 4:2 And after fasting forty days and forty nights, **he was hungry.**

John 11:33 When Jesus saw her weeping, and the Jews who had come with her also weeping, **he was deeply moved in his spirit** and greatly **troubled.**

John 12:27 “Now is **my soul troubled**. And what shall I say? ‘Father, save me from this hour’? But for this purpose I have come to this hour.

Luke 22:44 And **being in agony** (*anguish, violent struggle*) he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.

Luke 23:46 Then Jesus, calling out with a loud voice, said, “**Father, into your hands I commit my spirit!**” And having said this he breathed his last.

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The origin of anxiety and depression

Revelation 21:3 And I heard a loud voice from the throne saying, “Behold, the **dwelling place of God is with man. He will dwell with them**, and they will be his people, and **God himself will be with them as their God**.”

Genesis 3:8b And they heard the sound of the **LORD God walking in the garden in the cool of the day...**

Genesis 2:16 And the LORD God commanded the man, saying, “**You may** surely eat of **every tree of the garden**,

Genesis 2:17 but of the tree of the knowledge of good and evil **you shall not eat, for in the day that you eat of it you shall surely die.**”

Genesis 2:18 Then the LORD God said, “It is **not good that the man should be alone**; I will make him a helper fit for him.”

Genesis 2:23 Then the man said, “This **at last is bone of my bones and flesh of my flesh**; she shall be called Woman, because she was taken out of Man.”

Genesis 2:24 Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

Genesis 2:25 And the man and his wife were both **naked and were not ashamed**.

Genesis 3:1 Now **the serpent** was more crafty than any other beast of the field that the **LORD God had made**. He said to the woman, “**Did God actually say, ‘You shall not eat of any tree in the garden’?**”

Genesis 3:2 And the woman said to the serpent, “We may eat of the fruit of the trees in the garden,

Genesis 3:3 but God said, ‘You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.’”

Genesis 3:4 But the serpent said to the woman, “**You will not surely die**.

Genesis 3:5 For God knows that when you eat of it **your eyes will be opened, and you will be like God**, knowing good and evil.”

Genesis 3:6 So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.

Genesis 3:7 Then the **eyes of both were opened**, and **they knew that they were naked**. And **they sewed** fig leaves together and **made themselves** loincloths.

Genesis 3:8 And they heard the sound of the **LORD God walking in the garden in the cool of the day**, and the **man and his wife hid themselves** from the **presence of the LORD God** among the trees of the garden.

Genesis 3:9 But the LORD God called to the man and said to him, “**Where are you?**”

Genesis 3:10 And he said, “I heard the sound of you in the garden, and **I was afraid**, because **I was naked**, and **I hid myself**.”

Genesis 3:21 And the **LORD God made for Adam and for his wife garments** of skins and clothed them.

Isaiah 61:10a I will greatly rejoice in the LORD; my soul shall exult in my God, for **he has clothed me with the garments of salvation**; he has covered me with the **robe of righteousness**...

Genesis 3:23 therefore the **LORD God sent him out from the garden of Eden to work the ground from which he was taken**.

Genesis 3:24 **He drove out the man**, and at the east of the garden of Eden he placed **the cherubim** and a flaming sword that turned every way to guard the way to the tree of life.

Hebrews 2:17 Therefore he (Jesus) had to be **made like his brothers in every respect**, so that he might become a **merciful** and **faithful** high priest in the service of God, to make **propitiation for the sins of the people**.

Isaiah 53:3 He was despised and rejected by men, a **man of sorrows**, and **acquainted with grief**; and as one from whom men hide their faces he was despised, and we esteemed him not.

Hebrews 4:15 For **we do not have a high priest who is unable to sympathize with our weaknesses**, but one who in every respect has been tempted as we are, **yet without sin**.

Our goal: Do not be anxious about anything....

Next week: We will continue to develop needed categories - In the game of life who are all of the players and what is the environment of the arena of life.

Blessed be the Lord, who daily bears us up;
God You are our salvation.
You are the **sure and steadfast anchor of our soul.**
God you promise,
The mountains may depart
and
the hills be removed,
but My steadfast love shall not depart from you,
and **My covenant of peace shall not be removed,”**
says the LORD, **who has compassion on you.**

Thank You that Your steadfast love **never** ceases;
Your mercies for us **never** come to an end;
they are **new every morning;**
great is Your **faithfulness towards us.**

Even if we are **faithless,**
You remain **faithful!**

In the name of Jesus in whom all of the promises of God find their YES!
It is through him that we utter our Amen to God for his glory.