

Anxiety and Depression - Part 4
Theme of the Series: Identity, Intimacy & Authority
Today: Peace

Our Goal: Do not be **anxious** about anything...“I came that they may have life and have it abundantly” - **Jesus**

Next week: Anxiety, Depression in our lives and the lives of our children.
Resources for the saved and unsaved. The use of medicine. The use of prayer.
Hope.

Review +

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, etc...

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.

*Anxiety and depression originated in the Fall, when sin entered the world, resulting in spiritual death, physical death, exile, **fear and shame**.*

We live in a world full of visible and invisible created things.

There is a battle in which we are participants.

The Battlefield is our heart and mind

Satan’s objective is to take us out by **wounding our hearts** and **filling our minds with lies**. **Fear** and **shame** are the velcro that allow all labels and accusations to adhere and **wound our hearts** and become the **tapes that auto play in our minds**.

I am a _____.

John 8:32 and you will know the truth, and the **truth will set you free.**”

I am a child of God and greatly loved by God!

John 15:9 **As the Father has loved me, so have I loved you. Abide in my love.**

John 16:27a for the **Father himself loves you...**

Zephaniah 3:17 The LORD your God is in your midst, a mighty one who will save; he will **rejoice over you with gladness**; he will quiet you **by his love**; he will **exult over you with loud singing.**

Psalms 147:3 He **heals the brokenhearted** and binds up their wounds.

Psalms 147:4 He determines the number of the stars; he gives to all of them their names.

“There are about 10 billion galaxies in the observable universe! The number of stars in a galaxy varies, but assuming an average of 100 billion stars per galaxy means that there are about 1,000,000,000,000,000,000 (that's 1 billion trillion) stars in the observable universe.”

Isaiah 43:1 But now thus says the LORD, he **who created you**, O Jacob, he **who formed you**, O Israel: “Fear not, for I have **redeemed you**; I have **called you by name, you are mine.**

Isaiah 41:13 For I, the **LORD your God, hold your right hand**; it is I who say to you, “**Fear not, I am the one who helps you.**”

1Peter 5:7 **casting** all your **anxieties on him**, because he **cares** for you.

Philippians 4:6 **do not** be anxious about anything, **but** in everything by prayer...

John 14:27 **Peace** I leave with you; my **peace** I give to you. Not as the world gives do I give to you. Let not your **hearts** be **troubled**, neither let them be **afraid.**

Major cause of anxiety - **unforgiveness**.

God commands us to “not be anxious about anything”, even in a fallen world! When we feel anxious, He lovingly asks us to cast our anxiety onto Him! A major cause of anxiety is **unforgiveness!** We all have been wounded and will continue to be wounded. **God wants us to free** but we have to be willing to cast our wounds onto Him. This is achieved by forgiving others.

Ephesians 4:26 Be **angry** and **do not sin**; do not let the sun go down on your anger,

Ephesians 4:27 and **give no opportunity** (*place*) **to the devil**.

Shalom - Shalom - peace, safety, prosperity, well-being; intactness, wholeness; security, safety, feelings of satisfaction, well-being, and contentment.

Eirene - tranquillity, concord, unity, love of peace, the author of peace, every kind of blessing and good, a salutation expressive of good wishes, a benediction, blessing.

Isaiah 9:6 For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, **Prince of Peace**.

John 14:27 **Peace** I leave with you; my **peace** I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

Romans 5:1 Therefore, since we have been **justified by faith**, we have **peace** with God through our Lord Jesus Christ.

Colossians 3:15 And let the **peace of Christ rule in your hearts**, to which indeed you were called in one body. And be thankful.

Romans 12:14 **Bless those who persecute you**; bless and **do not curse them**.

Romans 12:17 **Repay no one evil for evil**, but give thought to do what is honorable in the sight of all.

Romans 12:18 **If possible**, so far as it depends on you, **live peaceably with all**.

Romans 12:19 Beloved, **never avenge yourselves**, but leave it to the **wrath of God**, for it is written, “**Vengeance is mine, I will repay**, says the Lord.”

*When someone does something that is evil to you, truly evil, big or small do not avenge yourselves. Leave it to God who promises “I will repay” Every sin every committed will be punished, **no exceptions**. Either in Hell for eternity or on the cross for those who believe and repent.*

Ephesians 4:32 Be kind to one another, tenderhearted, **forgiving one another, as God in Christ forgave you**.

Matthew 18:21 Then Peter came up and said to him, “Lord, how often will my brother sin against me, and **I forgive him? As many as seven times?**”

Matthew 18:22 Jesus said to him, “**I do not say to you seven times, but seventy-seven times**.”

Matthew 18:23 “Therefore the kingdom of heaven may be compared to a **king** who wished to **settle accounts** with his **servants**.”

Matthew 18:24 When he began to settle, one was brought to him who owed him **ten thousand talents**.

talent = 20 years of wages / 10,000 x 20 = 200,000 years

Matthew 18:25 And since **he could not pay**, his master ordered him to be sold, with his wife and children and all that he had, and payment to be made.

Matthew 18:26 So the servant fell on his knees, imploring him, ‘**Have patience with me, and I will pay you everything.**’

Matthew 18:27 And **out of pity for him**, the master of that servant **released him** and **forgave him the debt**.

Q: In order to extend this mercy, who absorbed the debt?

denarii = 1 days wage

Matthew 18:28 But when that same servant went out, he found one of his fellow servants who owed him a **hundred denarii**, and seizing him, he began to choke him, saying, **‘Pay what you owe.’**

Matthew 18:29 So his fellow servant fell down and pleaded with him, **‘Have patience with me, and I will pay you.’**

Matthew 18:30 He refused and went and put him in prison until he should pay the debt.

Matthew 18:31 When his **fellow servants** saw what had taken place, they were greatly distressed, and they went and reported to their master all that had taken place.

Matthew 18:32 Then his master summoned him and said to him, **‘You wicked servant! I forgave you all that debt** because you pleaded with me.

Matthew 18:33 And **should not you have had mercy on your fellow servant, as I had mercy on you?’**

Matthew 18:34 And in anger his master delivered him to the jailers, until **he should pay all his debt**.

Matthew 18:35 So also my **heavenly Father will do to every one of you, if you do not forgive your brother from your heart.”**

1Peter 2:23 When **he was reviled**, he did not revile in return; **when he suffered**, he did not threaten, **but continued entrusting himself to him who judges justly**.

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.

1Peter 3:9 Do not **repay** evil for evil or reviling for reviling, but on the contrary, **bless, for to this you were called, that you may obtain a blessing.**

Isaiah 61:1 The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring **good news to the poor**; he has sent me to **bind up the brokenhearted**, to proclaim **liberty to the captives**, and the **opening of the prison to those who are bound**;

Corrie Ten Boom Story

Suggested process (adapted from “Steps to Freedom”)

1. Ask the Holy Spirit to reveal to your mind the people you need to forgive. Don't overlook the need to **let yourself off your own hook**.
2. Face the **hurt** and the **feelings** of hatred. If you are going to forgive from the heart, you have to allow the painful memories to surface. If you are unwilling to admit to the pain and the emotional damage the forgiveness process will be incomplete. We try to suppress our emotions, but God is trying to surface those names and events.
3. Forgiveness is a crisis of the will.
You choose to bear the consequences of their sin.
You choose to let go of the past and grab hold of God.
You choose not to seek revenge.

You cannot wait until you feel like forgiving, because you will never get there. God is not asking you to like the person who offended you. He is asking you to accept His provision for your freedom and healing of your damaged emotions.

He is asking you to let **Him be the avenger**. He is asking you to forgive **from your heart** every person who has offended you and for every offensive thing they did.

Names:

Lord, I forgive _____ (person) for _____ (Verbally express every hurt and pain the Lord brings to your mind and how it made you feel).

After you have forgiven every person for every painful memory, finish by praying:

Lord, I release all these people to you, and I release my right to seek revenge. I choose not to hold on to my bitterness and anger, and I ask you to heal my damaged emotions. I ask you to bless them. In Jesus' name, I pray. Amen.

