

**Anxiety and Depression - Part 5**  
*Theme of the Series: Identity, Intimacy & Authority*  
**Today: Practical practices - Body & Soul**

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

**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...

Part 1

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**.

Part 2

We live in a world full of visible and invisible created things - angels & demons. There is a battle in which we are participants.

Part 3

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!

Part 4

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 ask 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.

Part 5 Anxiety and anxiety disorders, being depressed and clinical depression, medicine, loved ones who are lost and you and me.

All of us experience occasional anxiety and sorrow.

2Corinthians 6:10a “as sorrowful, yet always rejoicing...”

Anxiety Disorders and Clinical Depression fall outside the usual emotional highs and lows we experience in response to the everyday circumstances of life.

**Anxiety Disorder signs and symptoms include (Mayo Clinic):**

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

**Diagnostic Criteria for Major Depressive Disorder - American Psychiatric Association**

*Diagnosis requires at least five of the following symptoms, nearly every day, for at least two weeks. One symptom must be depressed mood or anhedonia (loss of pleasure in usual passions and activities).*

- Depressed mood (hopelessness, despair)
- Anhedonia
- Weight loss/weight gain or change in appetite
- Insomnia/hypersomnia
- Psychomotor agitation/retardation (can't sit still, or can't get moving)
- Fatigue/loss of energy
- Feelings of worthlessness or guilt
- Inability to concentrate
- Recurrent thoughts of death or suicide

Christians and mental health? - **Remember**, we are spiritual beings in a physical body. Seek medical help!

**Descent into depression - Tommy Nelson:**

<https://s3.amazonaws.com/dtsfeeds/chapel/mp3/20070327.mp3>

2Chronicles 16:12 In the thirty-ninth year of his reign Asa was diseased in his feet, and his disease became severe. **Yet even in his disease he did not seek the LORD, but sought help from physicians.**

2Kings 20:7 And Isaiah said, “Bring a cake of figs. And let them take and lay it on the boil, that he (Hezekiah) may recover.”

1Timothy 5:23 No longer drink only water, **but use a little wine for the sake of your stomach and your frequent ailments.**

“taking a pill to heal your body is wise, taking a pill to cure your soul will never work.”

What resources does a non-christian have?

Ephesians 2:1-3 And **you were dead** in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience—**among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind,** and were by **nature children of wrath**, like the rest of mankind.

**Common grace:** medicine, being loved (not enabled) and PRAYED for by loved ones and gratitude.

Neuroscience: gratitude literally rewires your brain to be happier.

**For believers**, we have **more tools** and **more to be grateful for**. Mankind’s greatest loss was their relationship with God.

Ephesians 2:4-5 But God, being rich in mercy, because of the **great love** with which he **loved us, even when we were dead** in our trespasses, **made us alive together with Christ—by grace you have been saved—**

2Corinthians 5:17 Therefore, if anyone is in Christ, **he is a new creation**. The old has passed away; behold, **the new has come**.

We must be **active** not **passive** guarding our **hearts** and **minds**.

Romans 8:6 For to **set the mind** on the **flesh is death**, but to **set the mind** on the **Spirit is life and peace**.

Colossians 3:2 **Set your minds on things that are above**, not on things that are on earth.

Neuroscience: gratitude literally rewires your brain to be happier.

Psalms 92:1 It is good to give **thanks** to the LORD, to sing praises to your name, O Most High;

Psalms 106:1 Praise the LORD! Oh give **thanks** to the LORD, **for he is good**, for his **steadfast love endures forever!**

Philippians 4:4-7 **Rejoice in the Lord always**; again **I will say, rejoice**. Let your reasonableness be known to everyone. **The Lord is at hand; do not be anxious about anything**, but in **everything by prayer and supplication** with **thanksgiving** let your requests be made known to God. And the **peace of God**, which **surpasses all understanding**, will **guard your hearts and your minds in Christ Jesus**.

Luke 10:38-42 Now as they went on their way, Jesus entered a village. And a woman named **Martha** welcomed him into her house. And she had a sister called **Mary**, who **sat at the Lord's feet** and **listened to his teaching**.

But **Martha was distracted** with much serving. And she went up to him and said, "**Lord, do you not care** that my sister has left me to serve **alone**? Tell her then to help me." **But the Lord answered** her, "Martha, Martha, you are **anxious** and **troubled** about **many things**, but **one thing is necessary**. Mary has chosen the **good portion**, which will not be taken away from her."

*We all have many things to do, be sure you always do the necessary before the many.*

*Suggested Prayer  
(Do try this at home!)*