

Anxiety and Depression - Part 3
Theme of the Series: Identity, Intimacy & Authority
Today: The battlefield is our mind and our heart.

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

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.**

John 16:33 I have said these things to you, that **in me you may have peace**. In the world **you will have tribulation**. But take heart; **I have overcome the world.**”

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**.*

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.**

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

We battle against a **disarmed enemy** who is **very cunning and still dangerous**. He is disarmed enemy because of Christ total and complete victory on the cross, which canceled any and all legal claims Satan had against us. Though defeated he remains dangerous because he is a master at **lying, deceiving** and **accusing**.

Truth be known, in Christ, we are the ones who are armed and our dangerous!

There is a battle in which we are participants

Ephesians 6:12 For we do not **wrestle against flesh and blood**, but against the **rulers**, against the **authorities**, against the **cosmic powers** over this present darkness, **against the spiritual forces of evil in the heavenly places**.

Unlike our salvation, in which we played no part in, our sanctification requires our engagement.

Philippians 2:12b ...**work out your own salvation with fear and trembling**,

Philippians 2:13 **for it is God who works in you**, both to will and to work for his good pleasure.

Colossians 1:29 For this **I toil**, struggling with **all his energy that he powerfully works within me**.

Exodus 14:13 And Moses said to the people, “Fear not, stand firm, and **see the salvation of the LORD, which he will work for you today**. For the Egyptians whom you see today, you shall never see again.

Exodus 14:14 The **LORD will fight** for you, and **you have only to be silent.**”

Deuteronomy 9:1 “Hear, O Israel: you are to cross over the Jordan today, to **go in to dispossess nations greater and mightier than you**, cities great and fortified up to heaven,

Deuteronomy 9:2b a people great and tall...

Deuteronomy 9:3 Know therefore today that he who goes over before you as a consuming fire is the LORD your God. **He will destroy them** and **subdue them** before you. **So you shall drive them out** and make them perish quickly, as the LORD has promised you.

Psalms 44:3 for **not by their own sword did they win the land**, nor did their own arm save them, but your right hand and your arm, and the light of your face, for you delighted in them.

Psalms 144:1 Blessed be the LORD, my rock, **who trains my hands for war**, and **my fingers for battle**;

Psalms 144:2 he is my **steadfast love** and my **fortress**, my **stronghold** and my **deliverer**, my **shield** and he in whom I take **refuge**, **who subdues peoples under me**.

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 _____.

failure, loser, ugly, stupid, worthless, boring, bad, not good enough, lazy...

“You won't amount to much”, “you are not lovable”, “I wish you were never born...”

“If people really knew what you have done they would reject you”...”you are a fake...”

Satan targets our hearts by either **wounding us** or **deceiving us into thinking our heart is part of the problem** rather than **part of the solution**.

Heart: the inner person, self, the seat of thought and emotion: conscience, courage, mind, understanding.

Jeremiah 17:5 Thus says the LORD: “Cursed is the man who **trusts in man** and **makes flesh his strength**, whose **heart turns away from the LORD**.”

Jeremiah 17:9 The **heart is deceitful above all things**, and **desperately sick**; who can understand it?

Jeremiah 24:7 I will give them a **heart to know that I am the LORD**, and they shall be my people and I will be their God, **for they shall return to me with their whole heart**.

Jeremiah 29:13 You will seek me and find me, when you **seek me with all your heart**.

Ezekiel 36:25 I will sprinkle clean water on you, and **you shall be clean from all your uncleannesses**, and from **all your idols I will cleanse you**.

Ezekiel 36:26 And **I will give you a new heart**, and a **new spirit I will put within you**. And **I will remove the heart of stone** from your flesh and **give you a heart of flesh**.

Ezekiel 36:27 And **I will put my Spirit** within you, and **cause you to walk in my statutes and be careful to obey my rules**.

Hebrews 10:22 let us draw near with a **true heart** in full assurance of faith, with our **hearts sprinkled clean** from an evil conscience and our **bodies washed with pure water**.

Romans 7:6 But now we are released from the law, having died to that which held us captive, so that **we serve in the new way of the Spirit and not in the old way of the written code**.

2Corinthians 3:3 And you show that you are a letter from Christ delivered by us, written not with ink but with the **Spirit of the living God**, not on tablets of stone but **on tablets of human hearts**.

Galatians 2:20 I have been **crucified with Christ**. It is no longer I who live, but **Christ who lives in me**. And the life I now live in the **flesh** I live by faith in the Son of God, who loved me and gave himself for me (*and now lives in me*).

Ephesians 3:14 For this reason I bow my knees before the Father,

Ephesians 3:15 from whom every family in heaven and on earth is named,

Ephesians 3:16 that according to the riches of his glory he may grant you to be **strengthened with power through his Spirit in your inner being**.

Ephesians 3:17 so that **Christ may dwell in your hearts** through faith—that you, being rooted and grounded in love,

Ephesians 3:18 may have **strength to comprehend** with all the saints what is the breadth and length and height and depth,

Ephesians 3:19 and to **know the love of Christ that surpasses knowledge**, that you may be **filled with all the fullness of God**.

Romans 7:18 For I know that **nothing good dwells in me, that is, in my flesh**. For I have the **desire to do what is right**, but **not the ability** to carry it out.

Romans 7:22 For **I delight in the law of God, in my inner being**,

Romans 7:23 but I see in my **members** another law **waging war** against the law of **my mind** and making me captive to the law of **sin that dwells in my members**.

Colossians 3:1 If then you have been **raised with Christ**, **seek the things that are above**, where Christ is, seated at the right hand of God.

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

2Corinthians 10:3 For though we walk in the flesh, we are not waging war according to the flesh.

2Corinthians 10:4 For the weapons of our warfare are not of the flesh but have **divine power to destroy strongholds**.

2Corinthians 10:5 We **destroy arguments** and every lofty opinion raised against the knowledge of God, and **take every thought captive to obey Christ**,

Ephesians 4:22 to **put off your old self**, which belongs to your former manner of life and is corrupt through **deceitful desires**,

Ephesians 4:23 and to **be renewed in the spirit of your minds**,

Ephesians 4:24 and to **put on the new self**, created after the **likeness of God in true righteousness and holiness**.

Philippians 4:4-9

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.

Finally, brothers,

whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever
is lovely, whatever is commendable, if there is any excellence, if there is anything
worthy of praise,

think about these things.

What you have learned and received and heard and seen in me—
practice these things, and the **God of peace will be with you.**

Romans 12:2 Do not be **conformed** to this world, but be **transformed** by the **renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Slavery in the United States was abolished by the Thirteenth Amendment on December 18, 1865. How many slaves were there on December 19? In reality, none, but many still lived like slaves. They did because they never learned the truth. Others knew and even believed that they were free, but chose to continue living as they had always been taught.

Many plantation owners were devastated by this proclamation of emancipation. "We're ruined! Slavery has been abolished. We've lost the battle to keep our slaves." But their chief spokesman slyly responded, "Not necessarily. As long as these people think they're still slaves, the proclamation of emancipation will have no practical effect. You don't have a legal right over them anymore, but many of them don't know it. Keep your slaves from learning the truth, and your control over them will not even be challenged."

"But what if the news spreads?"

"Don't panic. We have another barrel on our gun. We may not be able to keep them from hearing the news, but we can still keep them from understanding it. They don't call me the father of lies for nothing. We still have the potential to deceive the whole world. Just tell them that they misunderstood the Thirteenth Amendment. Tell them that they are going to be free, not that they are free already. The truth they heard is just positional truth, not actual truth. Someday they may receive the benefits, but not now."

"But, they'll expect me to say that. They won't believe me."

"Then pick out a few persuasive ones who are convinced that they're still slaves and let them do the talking for you. Remember, most of these newly freed people were born as slaves and have lived like slaves all their lives. All we have to do is to deceive them so that they still think like slaves. As long as they continue to do what slaves do, it will not be hard to convince them that they must still be slaves. They will maintain their slave identity because of the things they do. The moment they try to profess that they are no longer slaves, just whisper in their ear, 'How can you even think you are no longer a slave when you are still doing things that slaves do?' After all, we have the capacity to accuse the brethren day and night."

Years later, many slaves have still not heard the wonderful news that they have been freed, so naturally they continue to live the way they have always lived. Some slaves have heard the good news, but they evaluate it by what they are presently doing and feeling. They reason, "I'm still living in bondage, doing the same things I have always done. My experience tells me that I must not be free. I'm feeling the same way I was before the proclamation, so it must not be true. After all, your feelings always tell the truth." So they continue to live according to how they feel, not wanting to be hypocrites!

One former slave, however, hears the good news, and receives it with great joy. He checks out the validity of the proclamation, and finds out that the highest of all authorities originated the decree. Not only that, but it personally cost that authority a tremendous price, which he willingly paid so that the slave could be free. As a result, the slave's life is transformed. He correctly reasons that it would be hypocritical to believe his feelings and not the truth. Determined to live by what he knows to be true, his experiences began to change rather dramatically. He realizes that his old master has no authority over him and does not need to be obeyed. He gladly serves the one who set him free.'

The gospel is the "proclamation of emancipation" for every sinner who is sold into the slavery of sin. Every person that comes into this world is born dead in his or her trespasses and sins (Ephesians 2:1), and is by nature a child of wrath (Ephesians 2:3). The good news is that we who are Christians are no longer slaves to sin. We are now alive in Christ and dead to sin (Romans 6:11). We have been set free in Christ. We are no longer sinners in the hands of an angry God. We are saints in the hands of a loving God. We are forgiven, justified, redeemed, and born-again children of God. We may not feel like it, we may not act like it, and others may tell us that we are not, but we have been sanctified in Christ and are being sanctified in Him.

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

I am _____.

I am accepted...

John 1:12 **I am God's child.**

John 15:15 As a disciple, **I am a friend of Jesus Christ.**

Romans 5:1 **I have been justified.**

1 Corinthians 6:17 **I am united with the Lord, and I am one with Him in spirit.**

1 Corinthians 6:19-20 I have been bought with a price and **I belong to God.**

1 Corinthians 12:27 **I am a member of Christ's body.**

Ephesians 1:3-8 I have been **chosen by God** and **adopted as His child.**

Colossians 1:13-14 I have been **redeemed** and **forgiven of all my sins.**

Colossians 2:9-10 **I am complete in Christ.**

Hebrews 4:14-16 I have **direct access to the throne of grace** through Jesus Christ.

I am secure...

Romans 8:1-2 **I am free from condemnation.**

Romans 8:28 I am assured that **God works for my good in all circumstances.**

Romans 8:31-39 I am **free from any condemnation** brought against me and **I cannot be separated from the love of God.**

2 Corinthians 1:21-22 I have been established, **anointed and sealed by God.**

Colossians 3:1-4 **I am hidden with Christ in God.**

Philippians 1:6 I am confident that God will **complete the good work He started in me.**

Philippians 3:20 **I am a citizen of heaven.**

2 Timothy 1:7 I have not been given a spirit of fear but of **power, love and a sound mind.**

1 John 5:18 **I am born of God and the evil one cannot touch me.**

I am significant...

John 15:5 **I am a branch of Jesus Christ, the true vine, and a channel of His life.**

John 15:16 I have been **chosen and appointed to bear fruit.**

1 Corinthians 3:16 **I am God's temple.**

2 Corinthians 5:17-21 I am a minister of **reconciliation for God.**

Ephesians 2:6 I am **seated with Jesus Christ in the heavenly realm.**

Ephesians 2:10 I am **God's workmanship.**

Ephesians 3:12 I may **approach God with freedom and confidence.**

Philippians 4:13 I can do **all things through Christ, who strengthens me.**

Truth be known, in Christ, we are the ones who are armed and our dangerous!