

FUNDAMENTALS OF FAITH

3 Lies About Anxiety & Depression – You Can't Help It

I. To be overtaken with care and drenched in worry, anxiety, and sorrow is to not be in faith

- A. When you're really in faith you have a joy and a peace about you-You believe God's going to help you (Federer)-
Rm15:13-The God of hope fill you with all joy and peace in believing
1. Faith is being confident and convinced-How can you be confident and convinced that God is going to sustain you and help you and be sad or worried-*Hb11:1-Now faith is the substance of things hoped for the evidence of things not seen*
 2. There's rejoicing in believing and trusting-*Ps5:11-Let all those that put their trust in you rejoice: let them ever shout for joy, because you defend them; 1Pt1:8-Though now you see him not, yet believing, you rejoice with joy unspeakable and full of glory*
 3. Their was no peace because there was no faith-*Mt6:28-Why take ye thought (anxious, troubled with cares) for raiment 30 O ye of little faith? Mk4:40-Why are you so fearful? How is it that you have no faith? Mt14:30-He was afraid...O thou of little faith*
 4. Anybody who lives in a state of anxiety and sorrow is not in faith-If you're anxious and depressed are you in faith?
- B. Satan is pushing anxiety and depression hard and it's not just to make people miserable, but to get them out of faith-To get you into anxiety and depression is to get you out of faith and into unbelief – Depression, anxiety and unbelief flow together
1. Depression and anxiety are the work of the enemy-He initiates it by bringing a care to you in the form of a thought

II. All depression and anxiety has its foundation in the enemy bringing a care to a person and they take it

- A. When you cast all your care on the Lord (careful for nothing) peace comes-If you're anxious or depressed you took a care you should have cast on The Lord-*Ph4:6-Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God which passes all understanding, shall keep your hearts and minds through Christ Jesus*
- B. You get to the place where you have no peace and no joy by taking the care-People get overtaken by anxiety and sorrow by taking one care at a time over time and a pile begins and anything you continuously yield to gets stronger and what starts off as one care can turn into strong anxiety and depression, which in turn is strong unbelief
- C. The only way to not be overtaken by anxiety and sorrow and come out of faith is to cast all your care on the Lord-That's why this is a fundamental of faith
- D. If you don't learn how to cast your care upon the Lord living by faith is an impossibility-Cares will come, you'll take them and be thrown you into anxiety and sorrow and out of faith

III. The enemy has done three main things to push depression and anxiety 1) He's gotten people to believe they can't help it 2) He's gotten people to possess with their words 3) He's gotten people to believe it is physical in nature

- A. Many Christians have been conformed to the world in how they think about anxiety and depression-They ignore the Bible and they take the word of so-called experts over God's Word

IV. #1-The enemy has got people to believe they can't help it – That they have no authority over it

- A. Can you help it whether or not you're anxious or depressed or is it out of our control?-Let's analyze that in the light of the Word-*Jn14:1-Let not your heart be troubled (anxious, distressed, sorrowful) you believe in God, believe also in me; 27 Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid*
- B. Don't let your heart BE afraid-Your heart will try to be afraid (feelings will come), but don't be, don't yield
1. Feeling vs. being-Being is yielding, feeling is nothing-You don't have to be what you feel; You can feel sad and be glad; You can fear worried and trust and be at peace; Jesus didn't say don't feel, he said don't be
- C. Jesus is telling us we have authority over whether or not our heart is troubled-Apparently we can help it
1. Satan panders to people with this, you can't help it and it's not your fault-This is a very subtle and deceptive way of saying you don't have authority over it; Many are loaded with care and under the thumb of anxiety and depression and believe they have no control over it

2. He wants you to think you have little to no say in it so that you'll just be quiet and yield to it-See your authority
 3. It's not your fault that the enemy is trying to put these things on you-But whether or not your yield is your choice
- D. Jesus' answer to anxiety and sorrow is *stop it*, but the enemy has deceived many into believing it's not that simple-He doesn't want you to see that it's that simple, that it's a choice
1. Hannah-Was riddled with anxiety and sorrow for years and one day she goes in peace and was no more sad; You can't say she wasn't suffering from severe depression and anxiety
- E. Anybody in any situation can choose to cast their care on the Lord and not fear and be sad, but to trust, rejoice and be glad-These are choices not feelings-**Ph4:4**
1. To be glad and rejoice is a choice-**Ps9:2**-*I will be glad (brighten up, cheer up) and rejoice (jump for joy); Ps31:7*-*I will be glad and rejoice; Ps104:34*-*I will be glad in the Lord*
 - a. We are commanded to be glad and our feelings are not mentioned-**Jo2:21**-*Fear not, O land; be glad and rejoice: for the Lord will do great things; Ps32:11*-*Be glad in the Lord and rejoice, ye righteous; Ps40:16*-*Let all those that seek the rejoice and be glad in thee*
 - b. To chose to be glad when it's bad and when you feel sad is a choice and an act of faith-**Hab3:17**-*Although the fig tree shall not blossom, neither shall fruit be in the vines; the labor of the olive shall fail, and the fields shall you yield no meat; the flock shall be cut off from the fold and there shall be no heard in the stalls; 18 Yet I will rejoice in the Lord, I will joy in the God of my salvation*
 2. To fear or to not fear is a choice-**Ps23:4**-*Though I walk through the valley of the shadow of death I will fear no evil; Ps118:6*
 3. To believe, to trust is a choice; Faith is a choice-**Ps56:3**-*What time I am afraid I will trust in thee; Jn20:25*-*I will not believe*
- F. You can help it whether or not you take the care and yield to depression and anxiety-You can choose to cast all your care on the Lord, you can choose to rejoice, you can choose to be glad, you can choose to not fear, you can choose to trust