

FUNDAMENTALS OF FAITH

3 Lies About Anxiety & Depression – My Anxiety & My Depression

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

- A. When you're in faith you have a joy and a peace-Ex: Federer-**Rm15:13**-*God of hope fill you with all joy and peace in believing*
1. If you are confident and convinced that God is going to sustain you and help you won't be sad or worried-**Hb11:1**
 2. There's rejoicing in believing and trusting-**Ps5:11**-*Let all those that put their trust in you rejoice: let them over shout for joy*
 3. Their was no peace because there was no faith-**Mk4:40**-*Why are you so fearful? How is it that you have no faith?*
 4. Anybody who lives in a state of anxiety and sorrow is not 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
1. For the enemy it's always about your faith-**1Jn5:4; Ps37:40**-*The Lord shall help them, and deliver them: he shall deliver them from the wicked and save them because they trust in him; Pr29:25-Whoso puts his trust in the Lord shall be safe; Pr28:25-He that puts his trust in the Lord shall be made fat; Pr30:5-He is a shield unto them that put their trust in him*

II. A big part of living by faith is keeping yourself out of anxiety, depression and sorrow and one of the main ways you do that is by casting your care on the Lord

- A. All depression and anxiety has its foundation in the enemy bringing a care to a person and they take it-When you cast all your care (careful for nothing) peace comes; If you're anxious or depressed you took a care you should have cast-**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. People are overtaken by anxiety and sorrow by taking one care at a time over time-A pile begins and what you yield to continuously gets stronger and so what starts off as one care can turn into strong anxiety and depression, which 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-It's 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 it with their words 3) He's gotten people to believe it is physical in nature

- A. #1-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 and be glad, you can choose to not fear, you can choose to trust

IV. #2-The enemy has gotten people to possess anxiety and depression with their words-**My anxiety, my depression** – These phrases are devilish in their origin – The Holy spirit will never inspire you to call these yours

- A. According to Jesus, if you say something and don't doubt, what you say will be what you have, it becomes your reality-**Mk11:23**-*Verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he says shall come to pass; he shall have whatsoever he says*
1. Some are convinced they have anxiety and depression and have no doubt and they say it-**Mt21:21**-*If you have faith, and doubt not, you shall not only do this which is done to the fig tree, but also if you shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done*
 2. The enemy has worked to get these phrases in people's mouths (my anxiety, my depression)-He knows how these things work and people may not believe they work, but he does; He tried to use his words-**Is14:13**
 3. What you believe and say matters-Pr18:21-If he can get it in your heart and mouth he can get it into your life
- B. People are possessing, with their words, the opposite of what God has given to them and wants them to have

1. God gave them the promise land and they're possessing Egypt with their words-Possessing what they've been redeemed from (Gal3:13) laying hold of the wrong thing-Nm13:2-I give unto the children of Israel; Nm14:4-Let us return to Egypt
 2. God has given us his peace and joy and yet many are possessing anxiety and depression-Jn14:27-Peace I leave with you, my peace I give unto you; Jn15:11-These things have I spoken unto you, that my joy might remain in you; Is53
- C. How do the phrases. "my anxiety. my depression" agree with the Bible?
1. To agree with the Bible you have to say, Jesus' peace is my peace; I have His very own peace-Jn14:27-
 2. To agree with the Bible you have to say, Jesus' joy is my joy; I have His very own joy-Jn15:11; Jn17:13-Now come I to thee; and these things I speak in the world, that they might have my joy fulfilled in themselves
 3. To say my anxiety and my depression is to take what you're supposed to cast-Its the opposite of what we're to do-1Pt5:7-Casting all your care (anxiety) upon him; Mt6:25-Take (be anxious) no thought for your life
 4. To say my anxiety and my depression is to lay hold of what he told you to not let your heart be-Jn14:1-Let not your heart be troubled (render anxious or distressed)
- D. To say "my anxiety. my depression" is to laid hold of a lifestyle of worry and sorrow that is the opposite of faith-Faith says, I will cast my care, I will be glad and rejoice, I will not fear, I will trust-Ps56:3-What time I am afraid I will trust in thee
1. Faith says, I will be glad, I will rejoice-He didn't say this is causing my depression to act up-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; Ps9:2-I will be glad (brighten up, cheer up) and rejoice (jump for joy)
 2. Faith says, I will not fear-He didn't say this valley is activating my anxiety-Ps23:4-Though I walk through the valley of the shadow of death I will fear no evil
- E. Faith demands that you believe and speak contrary to what you see. feel and even understand
1. They believed and spoke what they saw, felt and understood-We are able, is what they don't see, feel or understand-Nm13:28-The people be strong that dwell in the land, and the cities are walled, and very great: and moreover we saw the children of Anak there. 29 The Amalekites dwell in the land of the south: and the Hittites, and the Jebusites, and the Amorites, dwell in the mountains: and the Canaanites dwell by the sea, and by the coast of Jordan. 30 And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it. 31 But the men that went up with him said, We be not able to go up against the people; for they are stronger than we. 32 And they brought up an evil report of the land which they had searched unto the children of Israel, saying, The land, through which we have gone to search it, is a land that eateth up the inhabitants thereof; and all the people that we saw in it are men of a great stature. 33 And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight. 1 And all the congregation lifted up their voice, and cried; and the people wept that night.
 2. Many believe and say so strongly that they have depression and anxiety-It's based what they see and feel, the symptoms, medical science, what the doctor says-What about God? What about what He says? What about the Word?
 3. You may be clinically depressed, but you're scripturally free-He's a doctor; He diagnosed you as being full of his joy and peace and wrote it on paper (Jn14:27,Jn15:11); He gave you medicine-Ex15:26-I am the Lord that healeth thee; Jn14:27,15:11; Pr16:24-Pleasant words are as an honeycomb sweet to the soul and health to the bones
 4. Anxiety and depression may be trying to overtake you, all the symptoms maybe on you, but never call it yours-Just because you have symptoms doesn't mean you possess it with your words; With the symptoms there you say My peace, my joy, I will be glad, I will rejoice
 5. Faith is being convinced about what you don't see-We are to believe and speak based on what this Bible says even if it contradicts what we see, feel and understand
 6. I'm going to be real-It's not being real, it's choosing to believe and say what you see and feel; Being real isn't the victory
- F. You're supposed to use your words to get cares off of you. not take them with your words