

## FUNDAMENTALS OF FAITH

### 3 Lies About Anxiety & Depression – It's Physical

- I. **To be overtaken with care, anxiety and sorrow is to not be faith-*Rm15:13*-God of hope fill you with all joy and peace in believing**
- A. Satan pushes anxiety and depression to get us out of faith-To get us into anxiety and depression is to get us out of faith; There's a connection between cares, anxiety, sorrow and faith
  - B. To stay in faith you have keep yourself out of anxiety and sorrow-One way you do that is by casting your care on the Lord
  - C. All depression and anxiety has its foundation in the enemy bringing a care to a person and they take it-*Ph4:6*
  - D. 3 things the enemy has done push to depression and anxiety-1) You can't help it 2) Possess it with words 3) It's physical
- II. **#3-The enemy has gotten many to believe that depression and anxiety are physical problems (chemical imbalances)**
- A. Jesus identifies where the roots of anxiety and sorrow are located-He told us to not let our hearts be troubled and the heart is where anxiety and sorrow of their foundation-*Jn14:1*-Let not your heart be troubled (anxious, sorrowful)
  - B. What is the heart?-**G2588-Strong's**-The thoughts, or feelings, or the mind; The middle; Latin *cor*; **Thayer**-Center or seat of all spiritual life (a) Soul or mind as it is the fountain and seat (headquarters, center, where something occurs) of the thoughts, will, emotions (b) Middle or central or inmost part of anything; **Vines**-Seat of spiritual life; Seat of grief, joy, desires, thoughts, understanding, reasoning, perceptions, imagination, conscience, intention, purpose, the will, faith; Heart-**H3820-Strong's**-The feelings, the will, the center of anything; **Form of H3824**-Midst, mind; **BDB**-Inner man, mind, will, heart, inner part, midst, seat of emotions, desires; **A.Heb**-Authority inside
    - 1. (1) It's not your physical heart-Your physical heart can't be anxious or sorrowful any more than your ear could
    - 2. (2) The heart is the core or center of man-The spirit is man's center, it's the seat of spiritual life- *1Th5:23*
    - 3. (3) The heart is the spirit man, the inner man-*1Pt3:4*-Hidden man of the heart; *Eph3:16*-In the inner man; *2Co4:16*-Though our outward man perish, yet the inward man is renewed day by day
    - 4. (4) The heart is the seat (base, where something occurs) of thoughts, emotions, will
  - C. Your soul is part of your spirit and it's the part of your spirit where your feelings, your thoughts and your will reside
    - 1. The heart is where joy and peace or anxiety and sorrow happen-*Pr15:13*-A merry (joyful) heart makes a cheerful countenance; but by sorrow of heart, the spirit is broken; *Jr15:16*-Thy word was unto me the joy and rejoicing of mine heart; *Jn16:6*-Sorrow hath filled your heart; *Jn14:27*-Let not your heart be afraid; *Ps27:3*-My heart shall not fear
  - D. Jesus did not say don't let your brain be troubled because the brain is not the seat of emotion-Their brains are in the ground and they are experiencing thought and emotion-*Lk16:22*-It came to pass, that the beggar died, and was carried by the angels into Abraham's bosom: the rich man also died, and was buried; *23* And in hell he lift up his eyes, being in torments, and seeth Abraham afar off, and Lazarus in his bosom. *24* And he cried and said, Father Abraham, have mercy on me, and send Lazarus, that he may dip the tip of his finger in water, and cool my tongue; for I am tormented (grieve, dejecting sorrow, intense pain, anguish, distress) in this flame. *25* Abraham said, Son, remember that thou in thy lifetime received thy good things, and likewise Lazarus evil things: but now he is comforted (encourage, alleviation of misery, distress of mind, cheer), and thou art tormented (grief, sorrow, distress)
    - 1. The emotions you have affect the brain, but they don't start in the brain or come from the brain
    - 2. The seat of thought and emotion it's not physical, but it's spiritual
    - 3. Anxiety and depression are not physical problems-They do have their roots in the brain-Chemical imbalance hypothesis-Says that mental health conditions (depression, anxiety) are caused by a chemical imbalance in the brain, but this has been largely disproven. There are differences in the brains of people who have depression and anxiety as to those who do not, but it's been disproven that the chemical imbalance causes anxiety and depression.
    - 4. What causes the chemical imbalance?-The chemical imbalance in the brain is the stuff that gets in the soul
- III. **To address anxiety and depression you have to address the heart (spirit) because that's where it resides**
- A. These are spiritual problems so only a spiritual remedy will suffice-Spiritual problems aren't solved with natural remedies
    - 1. The world has learned coping mechanisms that could help you some manage anxiety and depression-Things that could assist you in managing it (exercise, nutrition, sleep, medication, stress reduction,) but nothing they offer provides victory over it because none of it addresses the spirit

2. There's no such thing as mental health apart from spiritual health because the mind resides in the spirit-To be mentally healthy you have to be spiritually healthy and you can't do that apart from God-**2Tm1:7, 1Co2:16**
3. Addressing the chemicals in the brain addresses this at the fruit and not the root-Natural meditation covers the symptoms, but it doesn't solve the problem-**Note from world:** *Medication may help relieve some symptoms, but it doesn't cure the underlying problem and it's not usually a long term solution*
4. God never told us to manage depression and anxiety-He wants to rid of us of it-**Jn14:1,Lk8:50,Ph4:4,1Jn4:18**

**B. To address anxiety and depression we have work in the right location (heart), with the right tools (The Word Of God)**

1. The Word works inside, in the inner man-**Hb4:12-CEV-***What God has said isn't only alive and active! It is sharper than any doubled-edged sword. His word can cut through our spirits and souls and through our joints and marrow-***Js1:22-***Receive with meekness the engrafted word which is able to save (deliver, heal) your souls;* **Jr15:16-***Your Words were found and I did eat them; and they word was unto me the joy and rejoicing of my heart;* **Pr16:24-***Pleasant words are as a honeycomb, sweet to the soul*
2. The Word doesn't help you manage anxiety and depression, it rips it out at the root-**Jn8:31-***If you continue in my word, then you are my disciples indeed; And you shall know the truth, and the truth shall make you free*
3. Feeding on the Word-It is life, joy to my heart, sweet to my soul-**Jer15:16,Pr16:24,Pr4:20-22**
4. Faith comes by hearing the Word-At the root of anxiety and depression is unbelief and the only way faith comes is by hearing the Word-**Rom10:17-***So then faith comes by hearing and hearing by the Word of God:* **Rom15:13**
  - a. Faith and unbelief are of the heart-When there's unbelief in the heart, there's sorrow and anxiety in the heart-**Rm10:10-***For with the heart man believes unto righteousness;* **Hb3:12-***Evil heart of unbelief*
  - b. The word is the remedy for unbelief-You can medicate yourself out of unbelief, you can't exercise unbelief out of you, your diet doesn't address unbelief, getting enough sleep does not address unbelief
5. Acting on the Word-If we meditate on the word and do it, it'll lead to our prosperity and success-**Js1:8**
  - a. Casting your cares has everything to do with being free from these things- **1Pt5:7,Ph4:6**
  - b. What you think on has everything to do with being free from these things-**Rm8:6-***To be carnally minded is death; but to be spiritually minded is life and peace;* **Is26:3-***You will keep him in perfect peace whose mind is stayed on you*

**IV. Laughing, being glad and rejoicing is the opposite of taking the care and this is faith**

- A. Laughing releases chemicals in the brain and your body doesn't know the difference between a real and fake laugh-If you have a chemical imbalance, then balance them out-**Note:** *In people experiencing depression the neurotransmitters in the brain, such as norepinephrine, dopamine, and serotonin, are reduced. Laughter can alter dopamine and serotonin activity. Furthermore, endorphins produced by laughter can help when people are uncomfortable or in a depressed mood. The medical community introduced laughter therapy. Laughing produces the same positive effects on the body whether it's real or simulated.*
- B. Where does the laugh come from?-To laugh is a choice; It comes from the soul where my will resides
- C. In times of care and attack we are to laugh-This is faith-**Jb5:20-***In famine he shall redeem you from death: and in war from the power the sword. 21 Thou shalt be hid from the scourge of the tongue; neither shall you be afraid of destruction when it comes. 22 At destruction and famine thou shalt laugh; neither shall you be afraid of the beasts of the earth;* **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;* **Js1:2-***Count it all joy when you fall into divers temptations;* **Jn16:33-***In the world you have tribulation, but be of good cheer; I have overcome the world*
  1. When the Lord is attacked he laughs-**Ps2:4-***The kings of the earth set themselves, and the rulers take counsel together, against the Lord, and against his anointed saying, Let us break their bands asunder and cast away their cords from us. He that sitteth in the heavens shall laugh; The Lord shall have them in derision;* **Ps37:13-***The wicked plots against the just, and gnashes upon him with his teeth. The Lord shall laugh at him: for he sees that his day is coming*
- D. What good will this do? It is faith and it is your victory-Sorrow and panic is the first sign you've taken the care and left faith