

THE TRUTH ABOUT ANXIETY & DEPRESSION—*It's Physical*—Friday April 29th

- **Anxiety and depression are spiritual problems—*Jn14:1—Let not your heart be troubled***
 - Jesus identifies where the roots of anxiety and depression are located—It's the heart
 - The heart—1) Not physical heart 2) Core/center of man 3) The spirit/inner man 4) Where thoughts and emotions occur – The heart is referring to something spiritual
 - The heart is where peace, joy, 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; Ps27:3—My heart shall not fear*
- **He didn't say don't let your brain be troubled b/c the brain is not the seat of emotion—*Lk16:22—The beggar died, and was carried by the angels into Abraham's bosom: the rich man also died, and was buried; 25 Abraham said, Son, remember that thou in thy lifetime received thy good things, and likewise Lazarus evil things: but now he is comforted (alleviation of misery, distress of mind) and thou art tormented (sorrow, distress)***
 - Anxiety and depression are not physical problems (chemical imbalances in the brain)—
They produce chemical imbalances in the brain that's not the cause
 - Medical science acknowledges this—*Chemical imbalance hypothesis—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.*
 - The emotions you have will register in the brain, but they don't start in the brain
- **To address anxiety and depression we have work in the right location (heart), with the right tools (The Word Of God)**
 - To address anxiety/depression you must address the heart because that's where it resides
 - Nothing the world offers as a remedy addresses the spirit—Diet, sleep, exercise etc.

- Medication that addresses brain chemicals addresses the root, not the fruit-It covers the symptoms, but 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*
- These are spiritual problems so only a spiritual remedy will suffice and it's the Word
 - The Word works inside, in the inner man-**Hb4:12-CEV**-His word can cut through our spirits and souls; **Pr16:24**-Pleasant words are as a honeycomb, sweet to the soul
 - Feeding on the Word-It is life, joy to my heart, sweet to my soul-**Jr15:16,Pr16:24,Pr4:20-22**
 - Acting on the Word-If we meditate on the word and do it, it'll lead to our prosperity **Js1:8**; - Casting your cares and guarding your mind has everything to do with being free from these things-**1Pt5:7,Ph4:6; Rm8:6**-To be carnally minded is death; but to be spiritually minded is life and peace;
 - Faith comes by hearing the Word-**Rom10:17**-So then faith comes by hearing and hearing by the Word of God: **Rom15:13**
- **Truth #7: Anxiety and depression are spiritual problems that require a spiritual solution – They are not physical problems that can be solved with a natural solution**