

Fear, Anxiety & Depression: Lesson One

Goal of The Class:

- ❖ Pointing you to a greater awareness of our God, through a renewed sense of His love and comfort. Based on his Word, motivated by the Gospel, and brought to a new hope!

Charles Spurgeon: "Fits of depression come over the most of us. Usually cheerful as we may be, we must at intervals be cast down. The strong are not always vigorous, the wise not always ready, the brave not always courageous, and the joyous not always happy."

- I know, perhaps as well as anyone, what depression means, and what it is to feel myself sinking lower and lower. Yet at the worst, when I reach the lowest depths, I have an inward peace which no pain or depression can in the least disturb. Trusting in Jesus Christ my Savior, there is still a blessed quietness in the deep caverns of my soul.

Definitions: Websters & APA Definitions:

Anxiety: Concern respecting some thing or event or uncertainty, which disturbs the mind, and keeps it in a state of painful uneasiness. (Lack of the feeling of stability or being in control; Biblical)

- ❖ Symptoms: Include restless, wound up, easily fatigued, mind fog, irritable, muscle tension, sleeping irregularities.

Fear: An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

Depression: is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.

Symptoms: Changes in Appetite, Trouble Sleeping, Loss of energy, sad mood, thoughts or plans of death, cloudy thinking, feelings of worthlessness, guilt and hopelessness

I. Where Does Fear, Anxiety & Depression Come from Biblically?

- Understanding of Sin, its Spread & Effect on all people.
 - Perfect Harmony and peace with God and all creation, purposed to Love God and take care of His creation in unity with Him and each other. (Genesis 1: 26-28, 31)
 - The command: Gen (2:15-17) Be satisfied and content with all I give you, and don't eat from the tree of knowledge/good evil or you will die.
 - The Fall: Questioning of God. Did God really say? Is He withholding from us? (Gen 3:1-7)
 - First Sign of Fear: Post Fall: (Genesis 3:10, Shame for sin) & Blame (Gen 3:12-13)
 - Physical pain & separation & Spiritual Separation of death. (Gen 3:14-24)
 - Sin's Effects: Murder (Cain & Abel), Disasters (Flood) & Wicked Corruption, (Tower of Babel, Trying to be their own God), Lying (Abraham (Gen 20), rape (2 Sam 13), & Hopelessness (1 Kings 19: 3-18; Elijah)
- Redemption:** Christ fully God, Fully man(Matthew 1:23, John 1:1-3, Hebrews 1:3) lived a perfect fearless, sinless life, tempted in every way we were (1 Peter 2:22, 2 Corinthians 5:21, Hebrews 4:14-16) fully entrusted himself to the Father (Matt 26:39, & 1 Peter 2:23) taking on his wrath for our sin, taking our place, dying on the cross and rising 3

days later. (Isaiah 53, 1 Corinthians 15:1-4; Romans 3:24-25.) Declaring He is God, he did forgive sins, He is eternal and if we put our faith in Him alone, we will be saved. Adopted into His family, sealed with His Spirit, and placed into His Kingdom. (Ephesians 1:13-14, 2:1-8).

Key Points:

- ❖ Fear, Anxiety & Depression are from Sin. Sin we have committed, and Sin committed against us, and sin in the world.
- ❖ If we have never placed our Faith in Jesus, turning from our sin and following Him, we will never fully be able to fight fear, anxiety & depression.
- ❖ God is a compassionate, caring, and a close God. He is a loving shepherd to his children and desires to give you himself
- ❖ Fear, Anxiety & Depression Although result from sin in general, are complex with many factors. Chronic Pain/Illness, Environment/Family Upbringing/Abuse (Physical, Emotional) Traits or Dispositions/Genes. **These are influential, but not Determinative**
- ❖ Journey: The life of a Christian is a journey; a marathon with many bumps in the road. Seasons of great despair and anxiety, seasons of loss and confusion, and season of joy and hope. This is normal.

What is God's Character and Why Does this matter??

- ❖ It matters because you and I are constantly questioning these truths about God. Are you real? Do you really care? Are you just? Are you really in control? Do you love me? Can you forgive what I have done? Are you trustworthy? Will He ever restore my life? Where are you God? When will these things change?
- ❖ We need to know the truth about God and what His Word says to fight our anxieties and fears. His truth will lead us to freedom; maybe not in the way we thought or even want in the moment, but He is doing something in you and your suffering has purpose!

God's Character:

1. **God is eternal:** Revelation 22:13: "I am the Alpha and Omega, the beginning & the end." Psalm 90:2: "Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God." (1 Corinthians 8:6, John 1:1, Ps 102:25-27)
2. **God is just:** Psalm 9:7-8: "But the Lord abides forever, He has established His throne for judgement, And He will judge the world in righteousness. He will execute judgement for the people with equity." Romans 3:25: Whom (Christ) God put forward as a propitiation (wrath absorbing sacrifice) by his blood, to be received by faith. This was to show God's righteousness, because in his divine forbearance he had passed over former sins." God is just in paying for sin and He paid with His son's life!
3. **God is all wise/all knowing:** Psalm 139:1-24: "O LORD, you have searched me and known me! You know when I sit down and when I rise; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O LORD, you know it altogether. You hem me in, behind and before, and lay your hand upon me."
4. **God is Always with you:** Isaiah 41:10 " Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." Deut 31:6 "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you
5. **God is Caring & Compassionate:** Psalm 86:15. "But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness." (Hebrews 4:15, Matthew 14:13-14)
6. **God is Trustworthy:** Psalm 18:30: "As for God, His way is blameless; The word of the Lord is tried; He is a shield to all who take refuge in Him." **Psalm 19:7** "The law of the Lord is perfect, restoring the soul, The testimony of the Lord is sure, making the simple wise."

7. **God is Forgiving:** Isaiah 1:18: "Come now, let us settle the matter," says the LORD. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool. Ephesians: 1:7, "In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace."
8. **God is Patient:** 2 Peter 3:9: "The Lord is not slow about His promise, as some count slowness, but is patient toward you, not wishing for any to perish but for all to come to repentance. Isaiah 40:31. "But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."
9. **God is a Deliverer:** Ephesians 1:4-5, "Even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will. (Ephesians 2:1-8)
10. **God is God and we are not!** John 14:6, "Jesus said, I am the way, the truth and the life, no one comes to the Father except through me." Isaiah 55:8-9, For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

✚ This week: Take a few minutes each day or if it's too much 1 or two days and focus on one of God's Character traits you struggle with. Read these Scriptures, journal your thoughts, pray them back to God.

NOTES