

The Key to the shackles of Anxiety and Depression

I John 4:15-18 says

15 Whosoever shall confess that Jesus is the Son of God, God dwelleth in him, and he in God.

16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

17 Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world.

18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

Philippians 4:4-9 says

4 Rejoice in the Lord always: and again I say, Rejoice.

5 Let your moderation be known unto all men. The Lord is at hand.

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

8 Finally, brethren, whatsoever things are **true**, whatsoever things are **honest**, whatsoever things are **just**, whatsoever things are **pure**, whatsoever things are **lovely**, whatsoever things are of **good report**; if there be any **virtue**, and if there be any **praise**, think on these things.

9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

Moderation: Not violent or subject to extremes; gentleness; temperate.

Virtue: Moral excellence and righteousness; goodness

Worship: An expression of Honor and Love to God.

Let's break this down.

Depression: characterized by an inability to concentrate, insomnia, loss of appetite, loss of pleasure, feelings of extreme sadness, guilt, helplessness and hopelessness.

We see here that depression is extreme sadness and hopelessness.

Sadness: State of being Sad.

Sad: Affected or characterized by sorrow or unhappiness. A feeling of the "blues"

Antonym of sad, or the blues, is happiness, and joy.

Joy: Intense and especially ecstatic or exultant happiness.

Hebrews 11:1 says

Now faith is the substance of things hoped for, the evidence of things not seen.

So we now see that by definition of depression that you have a feeling of hopelessness.

And we see from Hebrews that Faith is hope.
So then How do we get faith?

Romans 10:13-10 says

13 For whosoever shall call upon the name of the Lord shall be saved.

14 How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? and how shall they hear without a preacher?

15 And how shall they preach, except they be sent? as it is written, How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things!

16 But they have not all obeyed the gospel. For Esaias saith, Lord, who hath believed our report?

17 So then faith cometh by hearing, and hearing by the word of God.

I John 4:13 says

13 I can do all things through Christ which strengtheneth me.

II Corinthians 5-10 says

5 Now he that hath wrought us for the selfsame thing is God, who also hath given unto us the earnest of the Spirit.

6 Therefore we are always confident, knowing that, whilst we are at home in the body, we are absent from the Lord:

7 (For we walk by faith, not by sight.)

8 We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord.

9 Wherefore we labour, that, whether present or absent, we may be accepted of him.

10 For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.

Another thing that the Bible tells us is in Galations 3:6

Galations 3:6 says

6 Even as Abraham believed God, and it was accounted to him for righteousness.

So now we see that by faith of God's spoken Word that it also counts toward obtaining righteousness.

Now lets look at Anxiety.

Anxiety: A state of intense apprehension, uncertainty, and fear resulting from the anticipation of a threatening event or situation, often to a degree that normal physical and psychological functioning is disrupted.

Synonyms: worry, care, concern

Luke 12:22-32 says

22 And he said unto his disciples, Therefore I say unto you, Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on.

23 The life is more than meat, and the body is more than raiment.

24 Consider the ravens: for they neither sow nor reap; which neither have storehouse nor barn; and God feedeth them: how much more are ye better than the fowls?

25 And which of you with taking thought can add to his stature one cubit?

(Cubit: An ancient unit of linear measure, originally equal to the length of the forearm from the tip of the middle finger to the elbow, or about 17 to 22 inches.)

26 If ye then be not able to do that thing which is least, why take ye thought for the rest?

27 Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these.

28 If then God so clothe the grass, which is to day in the field, and to morrow is cast into the oven; how much more will he clothe you, O ye of little faith?

29 And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful mind.

30 For all these things do the nations of the world seek after: and your Father knoweth that ye have need of these things.

31 But rather seek ye the kingdom of God; and all these things shall be added unto you.

32 Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.

In the book of Matthew when Jesus is speaking of the end of time (which we believe we are living in today) he said.....

Matthew 24:6

6 And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet.

Also in the book of Matthew He tells us how to get rest for our souls.

Matthew 11:28-29 says

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

30 For my yoke is easy, and my burden is light.

Laden: 1. Weighed down with a load; heavy. 2. Oppressed; burdened

Burden: 1. Something that is emotionally difficult to bear.

2. A source of great worry or stress; weight

Worry: To feel uneasy or concerned about something; be troubled.

Troubled: To cause emotional strain or anxiety to; worry or distress.

What we know will happen when we worship:

Nehemia 8:10 says

10 Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the **joy of the LORD** is your strength.

Not your joy. But His joy is our strength.

Psalms 95:6 says

6 O come, let us worship and bow down: let us kneel before the LORD our maker.

Psalms 100:1-5 says

1: A Psalm of praise. Make a joyful noise unto the LORD, all ye lands.

2 Serve the LORD with gladness: come before his presence with singing.

3 Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

4 Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

5 For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.

II Sam6:14 says

14 And David danced before the LORD with all his might;

So we know that by following these examples and concentrating on the 6 things in verse 8 of Phillipians, when we worship the Lord, remembering to Pray in supplication (being humble) and thanksgiving (a form of praise)

Phillipians 4:8

8 Finally, brethren, whatsoever things are **true**, whatsoever things are **honest**, whatsoever things are **just**, whatsoever things are **pure**, whatsoever things are **lovely**, whatsoever things are of **good report**; if there be any **virtue**, and if there be any **praise**, think on these things.

We Will Obtain Peace. And we have now received Joy from the Lord in our worship to Him.

Peace is contentment. And by faith and love in Jesus we have gained Godliness.

I Timothy 6:6-10 says

6 But godliness with contentment is great gain.

7 For we brought nothing into this world, and it is certain we can carry nothing out.

8 And having food and raiment (clothing) let us be therewith content.

9 But they that will be rich fall into temptation and a snare, and into many foolish and

hurtful lusts, which drown men in destruction and perdition.

10 For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.

11 But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness.

12 Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.

So now we have obtained peace, joy, godliness with contentment.....

I John 4:18 says

18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

So Now by our worship we have also gained Love.

All of this has been achieved by Loving Jesus and Worshipping him in spirit and truth.

John 4:23-24 says

23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.

24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

Hebrews 13 15-17 says

15 By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.

16 But to do good and to communicate forget not: for with such sacrifices God is well pleased.

17 Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you.

What we know about the Devil.

He is a LIAR.

John 8:44 says

44 Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.

I Peter 5:6-11 says

6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:

7 Casting all your care upon him; for he careth for you.

8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh

about, seeking whom he may devour:

9 Whom resist steadfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.

10 But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.

11 To him be glory and dominion for ever and ever. Amen.

Satan oppresses us with our thoughts.

But we have power over Satan.

James 4:7 says

7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

To resist the Devil you need to put on the whole Armor of God.

Ephesians 6:10-18 says

10 Finally, my brethren, be strong in the Lord, and in the power of his might.

11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

14 Stand therefore, having your loins girt about with **truth**, and having on the breastplate of **righteousness**;

15 And your feet shod with the preparation of the **gospel of peace**;

16 Above all, taking the **shield of faith**, wherewith ye shall be able to quench all the fiery darts of the wicked.

17 And take the helmet of **salvation**, and the **sword of the Spirit**, which is the **word of God**:

18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

We also know that the Battle has already been Won!!!!!!

Revelation 20:10 says

10 And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever.