

04/08/15 Anxiety

Mentioned in the Bible, we all experience... parenting is an exercise of communicating anxiety onto the next generation. We go into fear and have a long journey to get out of it. Anxiety has a physical and psychological component and a spiritual part...can we tease out the spiritual with the Bible.

Leviticus 26:36-39

Blessings if we do well, curses if we don't do well...

Doesn't use "anxiety"...see why it is relevant? Tiny sound of the leaf can terrify!

Sad picture! We think of evil, or cultural perception that devils are confident, but the devils ES experienced are subject to terror, Lord tries to comfort them...evil is vulnerable to terror, to fear, to troubles of the mind... not so in heaven, heaven has peace, confidence, tranquility

2 Kings 6:14 – Elisha and servant surrounded by the army...

This picture describes anxiety – you're surrounded by an army. "What shall we do?" Panic!

What does Elisha say? "Do not fear" Fear occurs 456 times in the OT & NT, afraid 214, that's only two words...terrify...scripture talks a lot about fear...but says, "Don't be afraid." Many many times we're told to not be afraid. Have you tried following that? Ok, now I won't be afraid. How do you respond?

Elisha gives the response – more with us than with them. Can you imagine that in yourself? There's this heavenly army that is waiting for you to call on, but instead we give into the fear. The angels arrive saying, "put us to work! Let us help!" But we just send them home. You'd think it'd be dejecting after a while..."Come on people, wake up! Use us!"

There's the worldly perspective of the servant, and the spiritual perspective of Elisha. PRAY to have our eyes opened. Anxiety has something to do with not being in touch with the truth. The servant does not have the whole picture. How much of the picture are we lacking? Elisha didn't seem to be shaken by it all. Maybe he saw the chariots?

2 Chronicles 32:7,8

We've got to change our thinking, our state of mind, to think from a higher perspective to rule over the lower self. Helps us rise above the turmoil of the lower self.

Ezekiel 4:16

Gives us a sense of the correspondence

bread & water = heart = anxiety

dread = mind

These things mean that anxiety is the opposite of love, lack of truth.

Here's some Spiritual medication for anxiety

Psalm 37:8

Fretting causes harm.

Carry that medicine with you. Commit these scriptures to memory. It causes harm!

Proverbs 12:25

Medical documentary - Anxiety and depression are linked, with anxiety your thoughts just get out of control, that your prefrontal cortex gets overloaded from all the thoughts and it gets fatigued and goes into depression. Amazing!

Anxiety causes depression! In anxiety your thoughts go crazy (17:20)
BUT - Good word makes it glad! In other words somebody else could help you with your anxiety.
“Actually, we're doing alright.” Like Elisha did with the servant. “Look at this from a different perspective.”

Psalm 131(whole thing)

Commit to memory – talks about the thinking, it's about opening the eyes, but also... keep it simple!
We can get very tangled in these huge things, and it just says I'm not thinking about stuff, it's too profound for me. Just calm down. The image of the child is just content sitting on the lap. It's not about breastfeeding, the child is just content and all is at rest.

Isaiah 41:13

More medication.

Jeremiah 17:7,8

Sounds like the first psalm, but adds some details. His hope IS the Lord...

If you memorize this and go over it and over, the reason you're not afraid of drought, heat, is because your roots have gone out (22:30). Your water is independent of the rain. A picture of being tapped into the inward truth so your not blown this way and that by the world see AC 8478.
Keeping an even keel because you're being fed by something other than this world. Being fed from within. Don't beat yourself up if you're not in that state... reread last line – wont cease from yeilding fruit. There are a lot of actions you can take and do, do for others, get outside yourself and do something. Maybe a breathing exercize, yoga, many things you can do – don't stop bearing fruit. This has to do with not being anxious.

Luke 12:22-34

All thoughts that the Lord is giving his disciples as anti anxiety thoughts. When you really think about this – have you pictured being a bird – you've got wings, and that's awesome, but no hands, how are you going to do your life – they can't sow or build a barn or storehouse, but the Lord takes care of the everyday. And you're more valuable!

All that worry and you're not any taller? Can't even do that! How powerful is all this worry. You could power the world with all the worry and anxiety we do! The calories we burn worrying. But it doesn't really do anything. WHY are you anxious? Evil spirits who are present in the human heart and mind that provoke anxiety and get something out of our negative emotion, they have a stake in ourselves feeling bad, ... so He asks us to ponder if you can't help yourself by worrying in the least things, why bother.

If you're thinking about being helpless like a bird, how helpless are you when you're planted. It's a pretty passive position. Oh, it's raining, oh, it's blowing. There's a direct command – don't have an anxious mind. A direct command. “Do not... have an anxious mind.” What an amazing thing to say. A challenging command to follow. What should we do? Seek the kingdom of God and the rest will come. ES says don't quit your job, it's fine to take care of things, but watch where you're love comes from.

“Do not fear” is repeated again, and it can take decades of repentance to get that thought to sink in. the Lord is happy to give us the kingdom...anxiety is a lack of love and faith. Get treasure in heaven. A lot of these things are things we would strive for...

MORE meds...

Philippians 4:4-9

Advice that Paul gives, and he says we shouldn't be anxious. All together it becomes an anti-anxiety regime.

1. Rejoice! Says it twice
2. Be gentle.
3. Be anxious about nothing – don't be anxious about anything
4. Pray with thanksgiving – think Jonah in the whale and he says “Thanks for rescuing” while he's still there. Not saying you won't feel these things, but give yourself to the Lord. Go to the Lord
5. Peace of God will come to you.
6. Some discipline with what to do with your mind...pure, just, lovely, anything praiseworthy, meditate on good things. Sometimes our anxiety is allowed (36:00) by our own dwelling on things that are negative. We review our life as we go to sleep all the negative things that happened during recent times. There's something you can think of that is true, noble, pure or of good report or praiseworthy!!! Don't go into the other things.
7. God of peace will be with you.

Following these practices, yielding fruit is important and how we act is important. Can't let anxiety rule over us!

2 Timothy 1:6,7 (39:00 really good)

Stir up the gift of God

Note the gifts of God – worth committing to memory – if you're experiencing a spirit of fear, that doesn't come from God. It helps you identify what is the opposite of fear? Fear has a weakness in it, a lack of love, lack of sanity, and God is not trying to communicate weakness or insanity, He's trying to convey power, love and a sound mind.

1 Peter 5:5-7 (40:20)

Be humble... cast your care upon Him.

Think – He loves you AND He takes care of you. Turn it over to God. Give it over to Him.

1 John 4:4

Related to the Elisha story... overcome evil spirits in v3. Another good memory verse.

V16-18 – This is the chapter where it says God IS Love.

Abiding in love

Opposite of anxiety is “boldness.”

Fear involves torment!

Be made perfect in love!

However... the fear of the Lord is the beginning of wisdom. There is a positive kind of fear that is important. The beginning of wisdom. Think of Joseph and his brothers – the brothers are terrified when Joseph speaks to them – they don't know who he is. He looks Egyptian, he's working as an Egyptian... the early reaction by the brothers is fear. He puts them in prison, they're terrified. When they find the bag of silver in their bags, when they've got to go speak to their father worried about what's going to happen to Benjamin...they're terrified! It's full of fear. But fear is the beginning of wisdom. When the brothers become afraid of Joseph they're more afraid of him than they are of famine. That starts their life in a good direction. So there is a healthy fear. Instead of starving to

death in Canaan it brings them to Egypt. It's a long time in the story, 17 years later when the father dies they're still worried that Joseph is going to kill them, but Joseph speaks kindly to them, but perhaps in time, looking back they were able to say: "You know what, Joseph was a good friend to us. He meant us no harm. We were anxious, everything he said terrified us, but he was with us all the way. Look at what happened: rescued from the famine, got the best land, got to pasture our flocks, took care of us, our kids, and the next generation. We were really well cared for, but we had a lot of anxiety at the beginning." Joseph allowed them to have that anxiety as it was a way to start that relationship. Having an anxious relationship with the Lord is a start, to have a fear of the Lord which is the beginning of wisdom. It's okay to be afraid of Joseph which equates to "Are we doing right by the Lord?" It's okay to fear that He's going to throw us in hell.

Summary: We work on changing our thoughts and actions, yielding fruit, then at some point the Lord brings us to where our fear shifts in a way that the servant of the Lord would have been terrified (ES writes that divine truth terrifies our outer selves... you've read something in scriptures or had a dream that hits us hard). Then eventually we realize the Lord is the best friend we've ever had, we get into the state that the angels were in, like a child sitting in her parents lap.

Job 28:28
Fear of the Lord...

Psalms 34:11-14
Psalm 111:10
Proverbs 1:7
Proverbs 8:14
Proverbs 14:26, 27
Isaiah 11:1-2

1 Kings 4:25
Picture of heaven, the end state, this is what we're going for. It's got this picture of the end state.
Solomon = risen Lord
In safety – in your own understanding of Good

Micah 4:1-5
Beautiful prophecy as what happens in the end of times.

Jeremiah 17: 7, 8
"Blessed *is* the man who trusts in the LORD,
And whose hope is the LORD.
8 For he shall be like a tree planted by the waters,
Which spreads out its roots by the river,
And will not fear[**b**] when heat comes;
But its leaf will be green,
And will not be anxious in the year of drought,
Nor will cease from yielding fruit.

Leviticus 26:36-39

36 “As for those of you who are left, I will make their hearts so fearful in the lands of their enemies that the sound of a windblown leaf will put them to flight. They will run as though fleeing from the sword, and they will fall, even though no one is pursuing them. 37 They will stumble over one another as though fleeing from the sword, even though no one is pursuing them. So you will not be able to stand before your enemies. 38 You will perish among the nations; the land of your enemies will devour you. 39 Those of you who are left will waste away in the lands of their enemies because of their sins; also because of their ancestors’ sins they will waste away.

2 Kings 6:14-17

14 Therefore he sent horses and chariots and a great army there, and they came by night and surrounded the city. 15 And when the servant of the man of God arose early and went out, there was an army, surrounding the city with horses and chariots. And his servant said to him, “Alas, my master! What shall we do?”

16 So he answered, “Do not fear, for those who *are* with us *are* more than those who *are* with them.” 17 And Elisha prayed, and said, “LORD, I pray, open his eyes that he may see.” Then the LORD opened the eyes of the young man, and he saw. And behold, the mountain *was* full of horses and chariots of fire all around Elisha.

2 Chronicles 32:7,8

7 “Be strong and courageous; do not be afraid nor dismayed before the king of Assyria, nor before all the multitude that *is* with him; for *there are* more with us than with him. 8 With him *is* an arm of flesh; but with us *is* the LORD our God, to help us and to fight our battles.” And the people were strengthened by the words of Hezekiah king of Judah.

Ezekiel 4:16

16 Moreover He said to me, “Son of man, surely I will cut off the supply of bread in Jerusalem; they shall eat bread by weight and with anxiety, and shall drink water by measure and with dread,

Psalms 37:8

Cease from anger, and forsake wrath;
Do not fret—*it* only *causes* harm.

Proverbs 12:25

Anxiety in the heart of man causes depression,
But a good word makes it glad.

Psalms 131

LORD, my heart is not haughty,
Nor my eyes lofty.
Neither do I concern myself with great matters,
Nor with things too profound for me.

2 Surely I have calmed and quieted my soul,
Like a weaned child with his mother;
Like a weaned child *is* my soul within me.

3 O Israel, hope in the LORD

From this time forth and forever.

Isaiah 41:13

For I, the LORD your God, will hold your right hand,
Saying to you, 'Fear not, I will help you.'

Jeremiah 17:7,8

"Blessed *is* the man who trusts in the LORD,
And whose hope is the LORD.

8 For he shall be like a tree planted by the waters,
Which spreads out its roots by the river,
And will not fear[b] when heat comes;
But its leaf will be green,
And will not be anxious in the year of drought,
Nor will cease from yielding fruit.

Secrets of Heaven 8478

The present verse and the one that follows refer in the internal sense to concern for the morrow, a concern which was not only forbidden but also condemned. The forbiddance of it is meant by their being told not to leave any of the manna till the morning, and the condemnation of it is meant by worms breeding in any they did leave and its becoming putrid. Anyone who does not view the matter from anywhere beyond the sense of the letter may think that all concern for the morrow is to be avoided, which being so, people should then await their requirements every day from heaven.

But a person who views it from a position deeper than the literal meaning, that is, who views it from the internal sense, may recognize what concern for the morrow is used to mean - not concern to obtain food and clothing for oneself, and also resources for the future; for it is not contrary to order to make provision for oneself and one's dependents. But people are concerned about the morrow when they are not content with their lot, do not trust in God but in themselves, and have solely worldly and earthly things in view, not heavenly ones.

These people are ruled completely by anxiety over the future, and by the desire to possess all things and exercise control over all other people. That desire is kindled and grows greater and greater, till at length it is beyond all measure. They grieve if they do not realize the objects of their desires, and they are distressed at the loss of them. Nor can they find consolation, for in times of loss they are angry with the Divine. They reject Him together with all belief, and curse themselves. This is what those concerned for the morrow are like.

[3] Those who trust in the Divine are altogether different. Though concerned about the morrow, yet are they unconcerned, in that they are not anxious, let alone worried, when they give thought to the morrow. They remain even-tempered whether or not they realize desires, and they do not grieve over loss; they are content with their lot. If they become wealthy they do not become infatuated with wealth; if they are promoted to important positions they do not consider themselves worthier than others. If they become poor they are not made miserable either; if lowly in status they do not feel downcast. They know that for those who trust in the Divine all things are moving towards an everlasting state of happiness, and that no matter what happens at any time to them, it contributes to that state.

Luke 12:22-34

22 Then He said to His disciples, "Therefore I say to you, do not worry about your life, what you

will eat; nor about the body, what you will put on. 23 Life is more than food, and the body *is more* than clothing. 24 Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds?

25 And which of you by worrying can add one cubit to his stature? 26 If you then are not able to do *the* least, why are you anxious for the rest? 27 Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these. 28 If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more *will He clothe* you, O *you* of little faith?

29 “And do not seek what you should eat or what you should drink, nor have an anxious mind. 30 For all these things the nations of the world seek after, and your Father knows that you need these things. 31 But seek the kingdom of God, and all these things[c] shall be added to you.

32 “Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom. 33 Sell what you have and give alms; provide yourselves money bags which do not grow old, a treasure in the heavens that does not fail, where no thief approaches nor moth destroys. 34 For where your treasure is, there your heart will be also.

Philipians 4:2-9

2 I implore Euodia and I implore Syntyche to be of the same mind in the Lord. 3 And[a] I urge you also, true companion, help these women who labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names *are* in the Book of Life.

4 Rejoice in the Lord always. Again I will say, rejoice!

5 Let your gentleness be known to all men. The Lord *is* at hand.

6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

8 Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

2 Timothy 1:6,7

Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands.

7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

1 Peter 5:5-7

5 Likewise you younger people, submit yourselves to *your* elders. Yes, all of *you* be submissive to one another, and be clothed with humility, for

“God resists the proud,
But gives grace to the humble.”[b]

6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,
7 casting all your care upon Him, for He cares for you.

1 John 4:4-6, 16-18

4 You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. 5 They are of the world. Therefore they speak *as* of the world, and the world

hears them. 6 We are of God. He who knows God hears us; he who is not of God does not hear us. By this we know the spirit of truth and the spirit of error. ...

16 And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him.

17 Love has been perfected among us in this: 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 casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

1 Kings 4:25

25 And Judah and Israel dwelt safely, each man under his vine and his fig tree, from Dan as far as Beersheba, all the days of Solomon.

Micah 4:1-5

Now it shall come to pass in the latter days
That the mountain of the LORD's house
Shall be established on the top of the mountains,
And shall be exalted above the hills;
And peoples shall flow to it.

2 Many nations shall come and say,
"Come, and let us go up to the mountain of the LORD,
To the house of the God of Jacob;
He will teach us His ways,
And we shall walk in His paths."
For out of Zion the law shall go forth,
And the word of the LORD from Jerusalem.

3 He shall judge between many peoples,
And rebuke strong nations afar off;
They shall beat their swords into plowshares,
And their spears into pruning hooks;
Nation shall not lift up sword against nation,
Neither shall they learn war anymore.^[a]

4 But everyone shall sit under his vine and under his fig tree,
And no one shall make *them* afraid;
For the mouth of the LORD of hosts has spoken.
5 For all people walk each in the name of his god,
But we will walk in the name of the LORD our God
Forever and ever.