

CAUSES AND CONSEQUENCES OF ANXIETY

Series: "CURING THE ANXIOUS HEART", Part 1 of 2

Sunday, November 14, 2021 at 9:00 and 11:00 AM

Text: Multiple Scripture Passages

Big Idea: How one views God's character and God's involvement in one's life has a whole lot to do with our level of anxiety.

Anxiety and Depression: 70%

Bullying: 55%

Drug Addiction: 51%

Drinking Alcohol: 45%

Poverty: 40%

1. THREE HUGE CAUSES FOR THE ESCALATION IN ANXIETY

A. Not being sure about where I stand with God.

Isaiah 57:20-21, "But the wicked are like the tossing sea, which cannot rest, whose waves cast up mire and mud. ²¹"There is no peace," says my God, "for the wicked."

B. Having immediate and specific access to knowledge about local and global tragedies.

C. A personal identity built on things you can lose.

Philippians 4:6, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

2. ONE VITAL PART OF THE CURE FOR ANXIETY.

Philippians 4:4-5, "Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near."