

20151121 Nailing Anxiety and Depression at Its Roots.

Heart and mind connected to spirituality

Don't legitimise your "orientation"

Serve 2 masters

You are not connected to the creator of your heart and soul -> that's why you are in confusion in the spirit -> you cannot think straight and right

Don't look to the task (what to do...) but God is not --> *you are not enjoying what you are doing! because you are not receiving from God*

Pray to reduce yourself to single devotion/ reliance towards God (pray as you live, live as you pray). **Pray until you are one-hearted to god**

Are you single-minded towards God?

Your mind can multitask, but your heart is designed to have one devotion / master only

Worry? Anxiety? Depression?

1. Root cause - spiritual reason
 - Random and spontaneous - can be many reasons, out of nowhere..., external factors, will and choices --> all these increase in this chaotic culture
 - Don't ask why me? **But ask: how to draw help from God, such that you can transcend the problem and receive greater anointing through this that is happening upon you**
2. **Purpose:** reduce our devotion and reliance upon God
 - When you have less reliance upon God, **the problem (that you think that hits you e.g. money, finance, work) become magnified and weightier**
 - Your concerns become master in your life --> then you find you self having **multiple masters --> thus they weigh you down**
3. **Ultimately control us in the end**
 - **E.g. Saul**
 - And outcome: destroy higher life, creativity, relationship
 - If we see the spiritual forces behind it (evil spirit = a living personality that gives you voices! direct you) --> **you will see every need to pray**

Discern, not be absorbed (that's why god put you around them, to give each other answers)

Spiritual methodology (intervention)

“But if it is by the Spirit of God that I drive out demons, then the kingdom of God has come upon you.” Matthew 12:28 NIV --> HS

1. Supernatural regeneration (born again) --> **assurance of COG** (when Saul thinks God has left him, that's when he is hearing the wrong voice and be controlled by Satan --> he lost the assurance of COG)
 - God always **brings you back to look at the value of your identity**
 - ““Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you — you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.”Matthew 6:25-33 NIV
 - **We lack affirmation of the value of our identity**
 - When we cannot pray, brew over our problems -> we are lacking assurance. Don't let loose of this negative feeling, fall back on this assurance and let it **advance** our prayers.
2. **Seek first**
 - When you are plagued by anxiety, it is a strong force. You can't tell yourself don't worry, you can only replace it with something more **powerful and absolute**.
 - **God is replacing the unwanted emotions and feelings in you**, with his absolute kingdom and righteousness
 - **Bring out the presence of The Lord Jesus by doing His will (where lord Jesus is, healing starts, blind sees, sinners repent)**
 - Did you bring out the joy of Jesus as you do, or you are doing out of human **zealousness**
 - Bring the kingdom down (don't just do task) - with the assurance (whether yourself, or when you shepherd others)
 - *You can only be healed when you live Jesus*
3. **Take it one step at a time**
 - **“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”Matthew 6:34 NIV**
 - God reveals things through taking the right step now *before the next step*
 - Grace always comes

Spiritual dynamism

The truth of God is dead, it's living and active

What is the will of god?

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus. Do not quench the Spirit. Do not treat prophecies with contempt but test

them all; hold on to what is good, reject every kind of evil.”

1 Thessalonians 5:16-22 NIV

1. Joy, pray continually, give thanks in all circumstances (= *you are enjoying Emmanuel god*)
2. Spirit --> that constantly give us fire (to serve, to live out Christ)
 - The word of God (should give you fire)
 - There is always a fire to Push you to do more, serve more etc.
 - Value prophecy
3. Test everything
 - Do out of clear conscience, face lord alone