

The Right Mind Session 5 – Dealing with the Anxious Mind

Pastor Dale Campbell

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Luke 8:35 (NKJV) – *Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, **sitting** at the feet of Jesus, **clothed** and **in his right mind**. And they were afraid.*

I. Introduction /Review

A. Previous Weeks Lessons – Four important scriptures

1. **1 Corinthians 2:16 (NKJV)** – *For “who has known the mind of the LORD that he may instruct Him?” But **we have the mind of Christ**.*
2. **1 Peter 4:1 (NKJV)** – *Therefore, since Christ suffered ^[a]for us in the flesh, **arm yourselves also with the same mind**, for he who has suffered in the flesh has ceased from sin*
3. **Philippians 2:5 (NKJV)** – *Let **this mind be in you** which was also in Christ Jesus*
4. **Colossians 3:2 (NKJV)** – *Set **your mind** on things above, not on things on the earth*

B. The Warfare – *The Battle is Real*

C. Engage in the Battle

D. Dealing with the Mindsets of the Past

II. The Anxious Mind

A. The Reality of Anxiety in our world.

1. W.H.O – 1 in 13 globally suffer from anxiety
2. Phobias and major depressive disorders are the most common.
3. 322 million worldwide live with depression.

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4. In 2014, around 15.7 million adults in the U.S. had experienced at least one major depressive episode in the last year.
5. OCD (Obsessive Compulsive Disorders) 2-3% of the population.
6. 1 in 5 feel anxious all the time.
7. Many admit that depression or some form of anxiety has kept them from daily activity and doing the things they want to do.

B. The Effects of Anxiety and Depression

1. A tormented mind
2. A restless mind
3. Excessive worry and fear
4. Health related issues
5. Lack of peace and joy

C. An Anxious Mind is not the will of God

1. It is not God's plan nor his best for us.
2. It is not in harmony with the abundant life.
3. It is not the fruit of the Spirit.
4. It is God will for us to be free from an anxious or depressed mind.

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III. How do deal with anxiety and depression

A. Fearful mind vs a sound mind

2 Timothy 1:7 (NKJV) – *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

1. A sound mind is the opposite of the spirit of fear/ a fearful mind.
2. Sound mind = a mind in control, moderation, sane

Timothy was allowing FEAR/ANXIETY to control his mind/life

Whatever you allow to control your mind will eventually control your life.

3. God did not give the controlling spirit of fear so it must have come from the enemy. Whatever comes from the enemy will steal, kill and destroy.

B. Worry

Luke 12:22-31 (NKJV) – ²²Then 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. ²⁴Consider 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? ²⁵And which of you by worrying can add one cubit to his stature? ²⁶If you then are not able to do the least, why ^[a]are you anxious for the rest? ²⁷Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not ^[b]arrayed like one of these. ²⁸If 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.** ³⁰For all these things the nations of the world seek after, and your

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Father knows that you need these things. ³¹But seek ^[c]the kingdom of God, and all these things shall be added to you.

1. If Jesus says, “Do not Worry”, where does worry come from?
2. If worry was from God, Jesus would say, “Worry all day long”.
3. I would encourage you to worry if there was any benefit in it.
4. Don’t worry – you control it! (If you don’t, it will control you)

C. Too many cares = anxiety and depression – *The load is too heavy*

1 Peter 5:6-8 (NKJV) – 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. ⁸Be ^[a]sober, be ^[b]vigilant; ^[c]because your adversary the devil walks about like a roaring lion, seeking whom he may devour.*

1. I’m not supposed to carry care.
2. Care = gr – merimna = care or anxiety
I was not created to carry anxiety
3. Cast your cares on him for he cares for you
4. Notice vs 8 – Context = Cares/Anxiety are an open door for the devil
He can devour those who carry too much care/anxiety.
5. When you are carrying care, you are spending your time thinking about what is wrong.
Your mind is on the care.
You are care-minded
Don’t major on the bad!

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6. THE REMEDY – Casting your care on Him, knowing He cares for you.
When we are fearful and worried all the time, we are living as though we do not believe that we have a shepherd who is strong, able and willing to protect us.
- If you are always discouraged, your mind is too connected to this world.
 - You are letting the mind of the world rule.
 - You are not setting your mind in the right direction.
 - An unguarded mind.

IV. Closing

Philippians 4:6-7 (NKJV) – 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.*

A. Be anxious for nothing!

This is a command – You can do it!

B. Pray – *The prayer of faith, cast all care on him and refuses to pick it up again.*

C. The Peace of God will guard your heart!

The peace of God comes as you pray in faith according to the Word and believe that God will do what he said He will do.

D. Personal Depression Story