

**THEME: SEVEN DEADLY CONTROLLERS**

**TOPIC: UNDERSTANDING THE ROOT OF ANXIETY & THE WAY OUT.**

**TEXT: ROMANS 8:5-8, 14, 1 PETER 5:6-7; PHILIPPIANS 4:6-7; JOHN 14:27; MATTHEW 6:34.**

### **Introduction**

In our study of Anxiety we have tried our best in answering the following questions:

“What anxiety is & why people are anxious?”

“What are the consequences of anxiety?”

Today we will be concluding our study on anxiety with the aim to understand the root of anxiety and consider the way out of its grip or hold as a deadly controller.

### **UNDERSTANDING THE ROOT OF ANXIETY.**

1. Rejection – When people feel rejected, they become anxious, particularly if they have been rejected all their life. They begin to act as if nothing will work in their favour. They become anxious about the future, relationships and everyone they meet. **Isaiah 61:3**
2. Anger – Anxiety may have its root in anger – that is displeasure at the sight of the things we don't like or when we hear a news we do not like. **Ecclesiastes 7:9**
3. Giving up easily – Anxiety may be produced by the action of giving up easily. **Philippians 4:13**
4. Loneliness – People become anxious in dark places, difficult places, confronted with things that cause them fear, particularly when they think God has abandoned them or is not with them. **1 Kings 8:57, Psalm 27:9, Hebrews 13:5**
5. Discouragement – Elijah became anxious because he was discouraged, having had the experience of the threat from Jezebel. **1 Kings 19:4**
6. Fear – Fear has torment and is at the root of several anxious actions. **Job 3:25, 2 Timothy 1:7**
7. Worry about weaknesses – Anxiety is at the root of our worry about weaknesses. People cannot speak in public, carry out certain events, and do things which they think is extraordinary. They become anxious. They feel that they might fail or become inadequate.
8. Confusion of mind – Anxiety comes when people's mind is confused and disturbed, particularly about issues. Anxiety overrules when we do not allow the mind of Christ. **Philippians 2:5, Romans 12:1-2**
9. Bitterness – People become anxious when they are bitter because of an experience they have had. Bitterness destroys, takes away confidence, joy and the peace of God. **Hebrews 12:15**
10. Feeling of hopelessness – Anxiety comes when people think that they are hopeless and that there is no way out of the situation they are in, unknown to them that God cannot lie and His Word is true, that He will always make a way. **Isaiah 43:19. Hebrews 6:19**
11. Impatience – Anxiety comes out of impatience, particularly when people have not learnt to exercise the fruit of the spirit and walk patiently. **Psalm 37:7, Galatians 5:22 (NIV)**

12. Being offended – One of the biggest roots and causes of anxiety is offence. Offence is controlling and destructive. Once you are offended about people, you become anxious about them and yourself and the walk of offence **destroys your joy and hinders your prayer. Mark 11:25, Matthew 5:23-24**

13. Despair – People in a plane or boat that is turbulent and people who face an imminent disaster become anxious. At such a time, the most important thing to remember is that you cannot die before your time and the fact that God will take care of you because He is faithful and true to keep His word. **Psalm 125:2**

14. Persistent temptation – Anxiety can come from persistent temptation when the same trouble keeps repeating itself and seems to not want to subside. **1 Corinthians 10:13**

15. Past Mistakes – Anxiety persists where mistakes have occurred, particularly the ones that may have not been discovered and people become afraid that it might be exposed. Past mistakes can be binding and hindering to the future. Because you have failed once does not mean that you will always fail. The future belongs to the persistent **Micah 7:8, Proverbs 24:16**

16. Guilt – Anxiety comes because of guilt. Once people have done wrong and have not brought it under the blood of Jesus, the guilt drives them so hard they become anxious and unable to receive love. The most important thing is to know how to deal with guilt. If it is wrong done towards people to settle it before the sun goes down. And if it is a wrong done towards God, to seek His forgiveness and bring it under the blood of Jesus. **1 John 1:9**

17. Persistent Limitations – When people fail continuously in a particular area of their life, when people discover a certain limitation – mental, physical, emotional, spiritual, social or financial – they become anxious and it becomes controlling over their life. **Philippians 4:13, Isaiah 40:31**

18. Adversity – Anxiety steps in when people do not realise that adversity is not strange. It should not be expected by the believer. However, it is not unexpected in life. When adversity comes, we must realise that God said He will bring His own out of it. **Psalm 34:19, 54:7**

19. Pressure – Many succumb under pressure and become anxious. Once their sphere of operation increases beyond the things they could easily handle they become anxious. Anxious not to drop the ball, not to make mistakes. Anxious not to disappoint, unknown to them that unless you have worked under pressure you may not discover other gifts, abilities, talents and graces you have.

## **THE WAY OUT OF ANXIETY**

1. It is important to sit down, reflect and take stock of your life and see if you really are under an anxiety attack and the way to do this is to ask yourself sincere questions like, “Am I avoiding everyday situations, do I worry and feel tense most of the time, is the fear and anxiety attack I am experiencing limiting my involvement in life”.

2. The second thing to do is to calm down. The scriptures cannot be broken. It says to be careful for nothing, not to worry about anything. **Isaiah 30:15**

3. Remember the words of Jesus, He said, “Let not your heart be troubled”. He pre-warned his disciples about the tribulation that would be in the world and the fact that they are above it. **John 14:1, John 16:33, In Philippians 4:6, Paul said to be careful for nothing.**

**4. Don't dwell on it – Jesus said, “Take no thought” – Matthew 6:25**

He warned us not to be anxious about tomorrow and He goes further to explain to us that the grass of the field, the lilies of the valley do not worry, yet they are beautiful.

**5. You must remember the God factor – God is able through whatever distress to make a way out for you. Psalm 18:6, Psalm 118:5-7, 8-9, Psalm 120:1**

**Conclusion**

Looking closely to the teaching of Jesus in Matthew 6:25-33, we cannot add to our height or our days. The things we tend to worry about are things we have no control of.

God is not a man that He should lie nor the son of man that He should repent. If He said He will do, it's our business is really to trust and depend on Him.

In Psalm 25:17, David said to cry to the Lord. This means in effect that there is a place for prayer in moments of anxiety. **Don't worry about anything; instead, pray about everything.**