

“The Causes, Symptoms, and Cures for Anxiety”

“Do not be **anxious** about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” (Philippians 4:6, ESV)

“Do not be **anxious** or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God.”
(Philippians 4:6, AMP)

“casting all your **anxieties** on him, because he cares for you.” (1 Peter 5:7, ESV)

“casting all your **cares** [all your **anxieties**, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].” (1 Peter 5:7 AMP)

Thesis: Anxiety is a matter of the heart, it's an issue of misplaced trust and fear apart from God, which is cured through prayer, thanksgiving, guarding our hearts, proper thinking, meeting the needs of others, being content, realizing we can do all things through Christ and recognizing He will supply all of our needs.

I. Definition of Anxiety

A. Old Testament

1. Describes the inner agitation that arises when circumstances seen beyond human control. (The Bible describes an anxious heart that has shifted its attention from the Lord's sufficiency).
2. Depicts an inner uneasiness, worry or fearful concern. (It is a natural response to uncertainty and a symptom of a broken relationship with God, standing in contrast to peace that comes with trusting God).

B. New Testament

1. To be drawn in different directions, distracted, mental preoccupation that pulls the heart in different directions.

C. Diagnostic and Statistical Manual of Mental Disorders: 5th Edition: DSM - 5

1. Excessive worry or fear that can lead to significant distress and impairment of daily function.

Term	Definition	Scripture
Anxiety	A state of uneasiness, distraction, or distress that pulls the heart away from trusting the Lord.	"When anxiety was great within me, your consolation brought me joy." (Psalm 94:19, NIV)
Anxious	To be troubled with cares, distracted, and divided in mind instead of resting in God	"Search me, O God, and know my heart; Try me and know my anxious thoughts" (Psalm 139:23, NASB95)
Worry	Dwelling on uncertain outcomes; a lack of trust in God's provision.	"So do not worry about tomorrow; for tomorrow will ^[a] care for itself. ^[b] Each day has enough trouble of its own." (Matthew 6:34, NASB1995)
Fear	An emotion of dread or terror, often from unbelief.	"Do not fear, for I am with you; Do not anxiously look about you, for I am your God. ..." (Isaiah 41:10, NASB95)
Cares (Burdens)	The concerns and troubles of life that weigh on the soul, which God calls us to cast on him.	"Casting all your care upon him; for he careth for you." (1 Peter 5:7, KJV)

II. Anxiety Disorders and the Bible

*Please note the bible does not use the medical or psychological terms described in the DSM – 5, however the Bible show people who experienced anxiety disorders.

DSM – 5 Classification	Biblical Parallel
Generalized Anxiety Disorder (GAD) – persistent and excessive worry about various activities and events.	Martha was "anxious and troubled about many things" while Mary sat at Jesus feet. (Luke 10:40, 41)
Panic Disorder – recurrent or unexpected panic attacks characterized by intense fear.	After Elijah's confrontation with the prophets of Baal and receiving a death threat from Jezebel he sat

	under a juniper tree and prayed that he might die. (1 Kings 19:3, 4)
Phobias – fear of specific objects or situations such as heights, spiders, or public speaking.	“Saul and all of Israel heard these words of the Philistine, they were dismayed and greatly afraid” (1 Samuel 17:11)
Social Anxiety disorder – fear of social situations where one might be exposed to scrutiny or embarrassment, leading to avoidance.	Moses feared public speaking, and confrontation asking God to send someone else. (Exodus 4:10 – 12)
Separation Anxiety – excessively fearful or anxious about separation from those he or she is attached.	Paul expressed strong longing when he was separated from the believers in Thessalonica. (1 Thessalonians 2:17)
Agoraphobia – fear of being in situations, open spaces, or crowded spaces where escape may be difficult.	After Jesus crucifixion, the disciples stayed locked in a room, “for fear of the Jews.” (John 20:19)

III. Causes of Anxiety

- A. To be numb from pain and feel beat down can cause one to feel anxiety. *“I am numb with pain and severely battered; I groan loudly because of the **anxiety** I feel.”* (Psalm 38:8, NET)
- B. Hidden guilt and sin can weigh on the heart and create inner anxiety. *“For I admit my guilt; I am full of **anxiety** because of my sin.”* (Psalm 38:18. NASB20)
- C. At times you can be in a situation with a difficult person, you remain quiet, so you do not say the wrong thing, managing this situation can cause anxiety. *“I decided, “I will watch what I say and make sure I do not sin with my tongue. I will put a muzzle over my mouth while in the presence of an evil person. I was stone silent; I held back the urge to speak. My frustration grew; my **anxiety** intensified. As I thought about it, I became impatient. ...”* (Psalm 39:1 – 3, NET)
- D. Working a lifetime and not enjoying the fruit of your labor can lead to anxiety. *“So I began to despair about all the fruit of my labor for which I worked so hard on earth. ... What does a man acquire from all his labor*

and from the **anxiety** that accompanies his toil on earth?" (Ecclesiastes 2:20 – 22, NET)

- E. We will not always be young and full of vigor, therefore we must be knowledgeable about the cause, symptoms, and cures for anxiety. *“So then, banish **anxiety** from your heart and cast off the troubles of your body, for youth and vigor are meaningless.”*
(Ecclesiastes 11:10, NIV)
- F. Anxiety arises when we doubt God's provision and try to control our life. *“Therefore I tell you, do not be anxious about your life, ... Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being **anxious** can add a single hour to his span of life?”*
(Matthew 6:25 – 27, ESV)
- G. Anxiety occurs when we focus on “what ifs” about the future instead of trusting God with our future. *“Therefore do not be **anxious** about tomorrow, for tomorrow will be **anxious** for itself. Sufficient for the day is its own trouble.”*
(Matthew 6:34, ESV)
- H. Being preoccupied with the things of the world chokes (pressing tightly) the word, which hinders normal growth. *“And the one sown with seed among the thorns, this is the one who hears the word, and the **anxiety** of the world and the deceitfulness of wealth choke the word, and it becomes unfruitful.”* (Matthew 13:22, NASB20)
- I. Daily pressure associated with our responsibilities can cause anxiety. *“And, apart from other things, there is the daily pressure on me of my **anxiety** for all the churches.”*
(2 Corinthians 11:28, ESV)
- J. Paul experienced anxiety over a co-laborer he wanted to send to the church at Philippi. *“Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less **anxiety**.”*
(Philippians 2:28, NIV)

IV. Symptoms of Anxiety

- A. David describes fear, trembling and feeling overwhelmed, as physical reactions to anxiety. (Psalm 55:5, KJV)
- B. Sleeplessness, raging thoughts, and withdrawal are caused by anxiety. (Psalm 77:4, KJV)
- C. Anxiety drains physical energy, leaving one weak and weary. (Psalm 31:10)
- D. Anxiety weights down the heart, leading to sadness, discouragement, and depression (Proverbs 12:25, KJV)
- E. Anxiety unsettles the heart making it restless and uneasy (John 14:27, NASB)
- F. A divided mind is a result of anxiety. (James 1:6-8, KJV)
- G. Psychological symptoms.
 - 1. Emotional – constant worry, fear, and dread
 - 2. Cognitive and mental – intrusive thoughts, inability to focus and concentrate.
 - 3. Physical – rapid heartbeat, sweating, headaches, fatigue, or insomnia.
 - 4. Behavioral – avoidance, procrastination, and irritability

V. Cures for Anxiety – Behavioral Patterns and Attitudes that will Decrease Anxiety (Philippians 4:6–14, 17–19, NASB1995))

- A. *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” (Philippians 4:6)*
 - 1. Believers are encouraged to trust in God's sovereignty. (Matthew 6:25-34)
 - 2. Believers are encouraged to bring every aspect of their lives to God, acknowledging His lordship over all circumstances. (1 Thessalonians 5:17)

3. Petition, or supplication, involves making specific requests known to God. (Daniel 6:11)
4. Thanksgiving is an essential component of prayer, reflecting an attitude of gratitude, thanksgiving shifts the focus from the problem to God's provision. (1 Thessalonians 5:18)
5. The phrase, "let your requests be made known to God" emphasizes the personal relationship we have with God, who invites us to bring our needs and desires before Him. (Hebrews 4:16, 7)

B. *"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."*
(Philippians 4:7)

1. "The peace of God" refers to a divine tranquility that originates from God Himself. (John 14:27)
2. The peace of God transcends human comprehension and logic. (Isaiah 55:8,9)
3. Peace acts as a sentinel over our emotions (heart) and intellect (mind), protecting us from anxiety and fear. (Psalm 121:7, 8)
4. Peace is found in a relationship with Christ. (Romans 5:1)

C. *"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."* (Philippians 4:8)

1. Believers are called to focus on what aligns with God's truth, as revealed in His Word. (1 John 4:1)
2. Honor involves integrity and respectability. (1 Timothy 3:8, 11)
3. Righteousness is a foundational biblical principle, often linked with justice and moral integrity. (Acts 10:22)
4. Purity, both moral and spiritual, involves being free from sin and corruption. (1 John 3:3)
5. "lovely" refers to that which is pleasing and beautiful, being worth the effort to have and embrace.
6. Commendable denotes being worthy of admiration and deserving a favorable report. (1 Timothy 3:2)
7. Virtue or excellence refers to moral excellence, in a broader sense it is any kind of excellence or merit in a person or thing. (2 Peter 1:5)
8. Praiseworthy is the attribute of appropriate commendation or acknowledgement for what deserves praise. (Romans 13:3)

9. The call to meditate on these virtues emphasizes the importance of the mind in spiritual growth. (Romans 12:2)
- D. *"The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you." (Philippians 4:9)*
1. Paul encourages the believers to practice what they have learned, received, heard, and saw. (James 2:26)
 2. Like Paul we should live a life worth imitating. (1 Corinthians 11:1)
 3. The promise of God's peace is linked to obedience, when we live according to God's teaching, we experience peace. (1 Peter 1:2)
- E. *"But I rejoiced in the Lord greatly, that now at last you have revived your concern for me; indeed, you were concerned before, but you lacked opportunity." (Philippians 4:10)*
1. Paul expresses profound joy, emphasizing that his joy is rooted in Christ. (Philippians 1:18, 2:17,18)
 2. The Philippians had previously supported Paul, but there had been a lapse in their ability to do so. The word "revived" suggests a renewed effort to support him. (Acts 16:11-40).
 3. Paul acknowledges their ongoing concern, affirming their consistent love and support. (Philippians 1:4,5)
 4. It is importance of seize opportunities to support fellow believers when they arise. (2 Corinthians 8:1-5)
- F. *"Not that I speak from want, for I have learned to be content in whatever circumstances I am." (Philippians 4:11)*
1. Spiritual fulfillment transcends physical circumstances. (Matthew 6:25-34)
 2. Paul's use of "learned" indicates a process of spiritual growth and maturity, which he acquired through experience and reliance on God's strength. (2 Timothy 3:4)
 3. Contentment is a state of inner peace and satisfaction that is independent of external conditions. (1 Timothy 6:6)
- G. *"I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need." (Philippians 4:12)*

1. Paul's ability to live humbly is rooted in his understanding of Christ's own humility, as described in Philippians 2:5-8.
 2. Paul 's ability to manage abundance without falling into pride is attributed his spiritual maturity. (Proverbs 30:8,9)
 3. Paul's contentment is not dependent on external circumstances; he recognizes that true peace and satisfaction come from God. (Matthew 6:25-34).
 4. The "secret" Paul refers to is the spiritual insight gained through his relationship with Christ. (Colossians 1:26, 27)
 5. Paul's ability to remain content in both plenty and need is rooted in his faith in God's sovereignty and provision. (1 Timothy 6:6-8)
- H. "I can do all things through Him who strengthens me." (Philippians 4:13)
1. This statement reflects Paul's reliance on God's provision and strength. (2 Corinthians 12:9)
 2. The source of Paul's strength is explicitly identified as Christ. (John 15:5)
 3. The strength provided is not a one-time event but a continuous supply, reflecting the sustaining power of God. (2 Timothy 4:17)
- I. *"Nevertheless, you have done well to share with me in my affliction."* (Philippians 4:14)
1. Paul highlights the importance of gratitude and recognition of others' support, even when one is self-sufficient through Christ. (Acts 2:42)
 2. Paul refers to his hardships, including imprisonment and persecution for the sake of the Gospel. (Philippians 1:7, 13)
- J. *"Not that I seek the gift itself, but I seek for the profit which increases to your account."* (Philippians 4:17)
1. Paul clarifies his intentions to the Philippians, emphasizing that his primary concern is not personal gain. (Philippians 2:3,4)
 2. Paul uses financial imagery to describe spiritual rewards. This metaphor suggests that their generosity is not just a temporal act but has eternal significance. (Matthew 6:19-21)

K. *“But I have received everything in full and have an abundance; I am amply supplied, having received from Epaphroditus what you have sent, a fragrant aroma, an acceptable sacrifice, well-pleasing to God.” (Philippians 4:18)*

1. Epaphroditus's role underscores the importance of personal sacrifice and commitment in the service of the church. (Philippians 1:5)
2. The phrase, “a pleasing aroma” signifies that the Philippians' gifts are not merely material but have spiritual significance. (Leviticus 1:9, 13)
3. The Philippians' gifts are seen as acceptable because they are given with the right heart and intention, aligning with the principle that God values the giver's heart. (2 Corinthians 9:7)
4. The Philippians' actions align with God's will and bring Him joy. (1 Thessalonians 2:4)

L. *“And my God will supply all your needs according to His riches in glory in Christ Jesus.” (Philippians 4:19)*

1. This phrase “and my God” emphasizes a personal relationship with God, highlighting the intimate connection between Paul and the God.
2. “will supply” indicates certainty and future fulfillment, reinforcing the faithfulness of God to meet the needs of His people. (Matthew 6:31, 32)
3. God's provision is not limited by human standards but is according to His infinite resources. (Ephesians 3:16)
4. The phrase “in Christ Jesus” signifies that all blessings and provisions come through a relationship with Christ. (Ephesians 1:3)