

**THEME: SEVEN DEADLY PASSIONS – WORRY**

**TOPIC: WHAT IS THE EMOTIONAL SYMPTOMS OF WORRY?**

**TEXT: ROMANS 8:5-8, MATTHEW 6:25-34, PHILLIPPIANS 4:6-7**

### **Introduction**

In the next few weeks we will be exploring one of “The Seven Deadly Passions - Worry”.

The Dictionary of Bible Themes defines Worry as, “A sense of uneasiness and anxiety about the future. Scripture indicates that such anxiety is ultimately grounded in a lack of trust in God and his purposes.”

Today we will be exploring the emotional symptoms of worry and how it affects us as believers.

### **THE EMOTIONAL SYMPTOMS OF WORRY**

**a.** It is not difficult to know a man who is worried because once you engage in such a state, it leads to acute depression. *Genesis 40:6-8*

The baker and the butler in the story told in the passage quoted were worried for their lives because of the dream they had-had. Many ascribe meanings to their dreams and therefore get worried sick.

Dreams have three sources: God, the devil and flesh. If the dream is from God it will affirm the will, the Word and the ways of God in your life. If it is satanic, it will do the exact opposite. Dreams that are from our flesh or our natural mind are usually based on things we had thought about, acted on; aspirations of our life etc.

Dreams are not guaranteed to happen precisely as we saw them. Were dreams to be irrevocable, then it would mean that prayer has lost its power. The believer's prayer, his access to God transcends the power of dreams.

**b.** People under the influence of worry become very anxious and confused in their thinking. *Philippians 4:6, James 1:8*

They suffer from a loss of memory and therefore become emotionally confused and disturbed. At such times, thoughts become uncoordinated.

The interesting thing about the human brain is that it seems to shut itself down during moments of worry to avoid extensive damage. At such times many would have wanted to think through, but worry in itself means that decisions become irrational and actions taken are not exactly the best.

**c.** Worry leaves you impatient and also touchy, irritable, moody in your relationship with people and instead of walking in the grace and the fruit of the spirit, the opposite is manifest.

*Hebrews 6:10, Galatians 5:22*

**d.** Worry can lead to excessive panic and anxiety. Psychologists say that 85% of the things we worry about never really happen. However in the state of mind of a worried person, images begin to build that tell them the reverse. *Philippians 4:5-7*

**e.** Worry creates an atmosphere of irritability and makes such persons have an attitude of “I can't stand so and so attitude”.

- f. Worried people feel helpless as if there is no way out and if the answer to the problem is to wait until another day, another day sounds like forever. The worried man must recognise that the help God provides is from heaven and it cannot be exhausted. ***Psalm 121:2***
- g. In a state of worry you are likely to go through racing thoughts that practically tears you apart and make you reach several false conclusions about people, places, things and consequently you raise a false alarm.

Why is this? The human mind has the capacity to take images and stretch them. That is where we get the word – imagination – it is image-ination. Really, building images.

The human mind is one of the greatest assets by which we can imagine things and accomplish.

However it can turn around and destroy. If you do not know that once hijacked by feelings of worry, they make you turn around and hurt someone. **2 Corinthians 10:4-5**

That's why the scriptures also say that, "The people of this world imagined vain things". ***Psalm 2:1***

- h. A worried man is a panicky man.

When you are in a state of worry, you believe what your soul says and you must realise that your soul is not the centre of gravity of your life. You are essentially a spirit with a soul, living in a body. ***Job 11:19***

- i. A worried spirit is a restless spirit. Once worry sets in, your ability to concentrate is limited, rather it is stolen or it reduces your ability to endure for long. ***Isaiah 30:15***

At such times your confidence is gone, your ability to stay quiet and meditate is limited. Worry births a low frustration tolerance in you. It makes you feel overwhelmed, as if you should do everything all at once. Whereas God wants you to take the mountains little by little.

***Deuteronomy 7:22.***

## CONCLUSION

Worry leaves people crying all of the time instead of praying. ***Psalm 42:3***

A Psalmist said, "Why worry when you can pray – trust in Jesus and He will lead the way. Don't be like doubting Thomas but resting on His promise. Why worry when you can pray"

As we go through this study, if you feel that any of these areas are danger zones in your life, this is a good spot to repent and ask God for your deliverance. He is a merciful God and swift to forgive. You are also encouraged to seek further assistance from the pastoral team.

Even if this deadly passion of worry has been hanging around you for a while – remember you can walk in liberty because Jesus makes us stronger when we are weak **2 Corinthians 12:9a.**