

# Anxiety, the Curse and its Cure, Pt.9

(If you have your copy of God's word, turn with me to Philippians 4:8–9. Read)

We will continue in our series this evening on Anxiety.

And as we do, there is a need to be reminded that the Lord desires for you to live in the freedom that He has purchased for you!

Remember Galatians 5:1, “For freedom Christ has set us free...”

You have **been** freed, you **are** free and you **will** be free!

But the application of (or the walking in) that freedom is up to you!

Remember, God is not going to do for you, what He requires of you!

He has given you everything necessary for you to be free from anxiety (or any sin), you must walk in what you already have.

The reason why this brief reminder is so foundational, so fundamental, so important is because the Lord commands us to control our thinking.

And by the Lord commanding us to control our thinking it means that He has granted us control over how we think and even what we think about!!

Thinking, then, is a spiritual discipline that we must cultivate!

We must be intentional and deliberate in training ourselves to think properly.

**It can be said that your level of Christian maturity will never exceed your ability to think rightly.**

To say it another way: **Your growth in godliness (or your maturity) is directly connected to how and what you think on a consistent basis.**

Remember Prov 23:7, “As a man thinketh in his heart, so is he...”

So, then, this call and command to think rightly is no small, insignificant aspect of your walk with the Lord!

And if you would take seriously this command to think rightly, you will significantly grow in your walk with the Lord!

Now, the last time we were together, a point of application I made was that if you are to control your thinking and if you are to grow in thinking rightly you must know the Bible.

**YOU MUST, BY THE GRACE OF GOD, SATURATE YOUR MIND WITH THE TRUTH OF GOD’S WORD!**

**HEAR ME, BELOVED: THERE IS NO SUBSTITUTE FOR THE HARD WORK OF CONSISTENT, CONSTANT, CONTINUAL, REGULAR, REPEATED, ON-GOING READING, STUDYING AND APPLYING OF THE WORD OF GOD!! (2X)**

So, what I want to do this evening is put before you what God reveals concerning the importance of His word in your life!

I want to, perhaps, remind you of the central and fundamental importance of the word of God!

To begin, I would remind you of the nature of the word of God!

### **2 Timothy 3:16**

**16** All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, **17** that the man of God may be complete, equipped for every good work

The word of God is just that, the words of the living God!  
When it comes to the Bible, we are not simply dealing with ancient documents written by spiritual people.

We are dealing with the words God enables men to write.

What Peter says about the prophetic word in 2 Peter 2:21, is true about the written word.

There Peter says, “**21** For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit.”

The authors of scripture were God’s divinely appointed messengers, who were commissioned to write the very words of God to us!

So true is this that our brother Paul says concerning a teaching in scripture that, “**8...** whoever disregards this, disregards not man but God, who gives his Holy Spirit to you.”

All this to say that the words of the Bible IS the word of God to us!

And to this word, we MUST pay careful and close attention.

Now, one of the things that this inspired word of God is said to do, according to 2 Tim. 3:16 is to “train in righteousness.”

That is, this inspired word instructs and nurtures us in the ways of right living!

This inspired word has the power to correct and transform our hearts and minds in such a way that it causes us to walk in a manner worthy of the Lord!

This is the case because the word of God is, as our brother in Hebrews tells us in 4:12.

“**12** For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and

discerning the thoughts and intentions of the heart.”

What this means is that the bible is not a dead book, but a living book!

It is not a passive book, but an active book!

It has been said that the Bible is the only book that reads you!

And this is because the word of God, which is given to us by the Spirit of God will search your heart and mind and reveal the secrets of your heart!

But here is the wonderful truth: if you give yourself to reading, meditating and studying and applying the word you will observe your spirit ever growing, increasing and being nourished!

In Isaiah 55:10-11, God says something that is very instructive for us to consider and apply the how we look at and understand the Bible:

10 “For as the rain and the snow come down from heaven  
and do not return there but water the earth,  
making it bring forth and sprout,  
giving seed to the sower and bread to the eater,  
11 so shall my word be that goes out from my mouth;  
it shall not return to me empty,  
but it shall accomplish that which I purpose,  
and shall succeed in the thing for which I sent it.”

What we have in verses is what we call the *effectiveness* of the word of God.

That is to say, that whatever reason for which God gives His word, that word will be effective; it will accomplish this mission for which it is sent!

It will not, under no circumstances, be unfruitful or unprofitable!

There is no such thing as God's word failing or falling short to accomplish its purpose!

So, for example, if God sends His word to condemn and bring guilt and sorrow, then guess what?

That word will bring condemnation, guilt and sorrow!

If God sends His word to comfort and sole, then guess what?

That word will comfort and consolation!

The word of God will be fruitful!

And since we are considering the idea of right thinking within the context of anxiety, if you are ever to grow, I TELL YOU AGAIN, you must be in the word!

By the grace of God, I want to press you with Scripture to remind and perhaps, by the Spirit, persuade you of your absolute need for the fruitful and effective word of God!!

And to do this, I will quote scripture from Ps. 119!

And just as a forewarning: the Psalmist ties everything to the Law/word of God, which shows its importance!!

Psalm 119:7

[7] I will praise you with an upright heart,  
when I learn your righteous rules.

The psalmist connects his ability to praise and live righteously when He learns the word of God!

So, we could say right worship of God is connected to His word!

Psalm 119:9

[9] How can a young man keep his way pure?  
By guarding it according to your word.

The word of God is the mean by which purity is established and secured!

Psalm 119:11

[11] I have stored up your word in my heart,  
that I might not sin against you.

The word of God is a deterrent to sin!

You want to put to death what is earthly in you, then do by and according to the word of God!

Psalm 119:25

[25] My soul clings to the dust;  
give me life according to your word!

The word of God gives life to the soul!!

Psalm 119:28

[28] My soul melts away for sorrow;  
strengthen me according to your word!

The word of God gives strength to the soul!

Psalm 119:29

[29] Put false ways far from me  
and graciously teach me your law!

The word of God teaches what is the path of righteousness!

Psalm 119:38

[38] Confirm to your servant your promise,  
that you may be feared.

The right understanding of the word of God evokes fear! A sense of holy terror!

Psalm 119:50

[50] This is my comfort in my affliction,  
that your promise gives me life.

The word of God gives comfort to the afflicted!

Psalm 119:56

[56] This blessing has fallen to me,  
that I have kept your precepts.

The blessing of the Lord is connected to obedience to His word!

Psalm 119:66

[66] Teach me good judgment and knowledge,  
for I believe in your commandments.

The word of God gives good judgment and knowledge; we could say  
wisdom/discernment and understanding!

Psalm 119:71

[71] It is good for me that I was afflicted,  
that I might learn your statutes.

Psalm 119:72

[72] The law of your mouth is better to me  
than thousands of gold and silver pieces.

The word of God surpasses the value of wealth and riches

To say it another way:

If had to choose between all the riches of the world for as long as you lived and  
having the word of God the easy choice is the word!!

Psalm 119:76

[76] Let your steadfast love comfort me  
according to your promise to your servant.

Again, comfort comes from the word!

Psalm 119:89

[89] Forever, O LORD, your word  
is firmly fixed in the heavens.

The word of God is firmly established! It will not fade, rot or perish!  
It then can literally be an eternal anchor for the soul!!



Psalm 119:92

[92] If your law had not been my delight,  
I would have perished in my affliction.

The word of God gives perseverance in the midst of suffering!!

Psalm 119:96

[96] I have seen a limit to all perfection,  
but your commandment is exceedingly broad.

That is to say the word of God has no geographical boundaries!

All the things in this world have a limit or are capped at a certain point. Not so with the word of God!

Psalm 119:98-100

[98] Your commandment makes me wiser than my enemies,  
for it is ever with me.

[99] I have more understanding than all my teachers,  
for your testimonies are my meditation.

[100] I understand more than the aged,  
for I keep your precepts.

The word of God makes you wiser than the wise of this world!

It gives you more understanding than those who would have authority over you!  
It makes you wiser than those who have lived longer than you!

Psalm 119:103-104

[103] How sweet are your words to my taste,  
sweeter than honey to my mouth!

[104] Through your precepts I get understanding;  
therefore I hate every false way.

The word of God is delicious! It tastes is sweeter to the soul!

Psalm 119:105

[105] Your word is a lamp to my feet  
and a light to my path.

The word of God is street light that illumines the path the Lord has called you to walk on!

Psalm 119:113

[113] I hate the double-minded,  
but I love your law.

The word of God is not double minded. God cuts it straight!

He says what He means and means what He says!

Psalm 119:130

[130] The unfolding of your words gives light;

it imparts understanding to the simple.

Again, the word of God gives understanding to the mind!

Psalm 119:146

[146] I call to you; save me,  
that I may observe your testimonies.

We can say that the salvation of the Lord is for obedience to His word.

Psalm 119:160

[160] The sum of your word is truth,  
and every one of your righteous rules endures forever.

The sum of the word being truth sounds a lot like Jesus when He says in John 17:17, “Sanctify them in the truth; your word is truth.”

Psalm 119:165

[165] Great peace have those who love your law;  
nothing can make them stumble.

You can connect this to Isaiah 26:3

3 You keep him in perfect peace  
whose mind is stayed on you,  
because he trusts in you.

(And one of the ways you keep your mind stayed on the Lord is by meditating on His word!)

You see, beloved, all that you need is found within the word of God!

The word is your source of comfort, hope, peace, strength, wise, discernment, understanding, insight!

The word of God gives you perspective.

What I am desirous for you to see if this:

**The word of God is sufficient for everything you need to live a life of freedom in every single area!**

This includes freedom from anxiety!

When you approach the word in this way (seeing it as sufficient) and see it for what God says that it is, you can see why it is blasphemous to think that medication or secular humanistic psychology or anything else can give you what the word has promised to give!

Again, and for the record, medication, in and of itself, is not necessarily evil, but we must be very careful lest we give to it the allegiance we owe to God and His word!

The word of the living God is enough!

Turn to the living and active word to receive from God everything you need for life and godliness.

Now, a word of caution must be given here.

***You must not be content with simply reading or studying the word!***

***You must go further and seek to apply ALL that the Lord reveals to you!***

If you set out to study the word without seek to simultaneously apply it you will be like a head without a body; a body without a soul; a rain cloud without water.

Ultimately you will be like our brother James says in 1:23-24.

You will be like...[23] ...a man who looks intently at his natural face in a mirror.  
[24] For he looks at himself and goes away and at once forgets what he was like.

Know that if you hear and read and study but do not apply you have fearfully wasted time!

However if you seek to hear, read, study and meditate on the word you will be blessed!!

James 1:25

[25] But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

Beloved, I trust that as you heard this and were reminded of the riches that are in the word, you will be either encouraged to continue studying the word and applying it in order to have right thinking.

Or you will be convicted of your laziness and be encouraged to get in the word and apply it!

Either way, the desire of the Lord is for you to be in His word!

And what God promises to do is renew your thinking, give you peace and be forever present with you!

Let's pray!