

# The Anxiety of a Divided Mind

PART TWO

## Intro

*"Therefore I tell you, do not be anxious about your life..."*

**Worry**, like *complaining*, is a serious sin.

***What would the birds think if they could observe us worrying?***

"I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread" (Psalm 37:25).

"Keep your life free from love of money, and be content with what you have, for he has said, 'I will never leave you nor forsake you'" (Hebrews 13:5).

"For the Lord will not forsake his people, for his great name's sake, because it has pleased the Lord to make you a people for himself" (1 Samuel 12:22).

## *Anxiety: A Tempest in an Unquiet Mind*

**Anxiety is a tempest – a storm – that forms in the mind when loyalties divide and wills collide.**

**Get control of your thought-life.**

"do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 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. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you" (Philippians 4:6-9).

Anxiety/worry is overcome by trust in God (faith), a directed mental focus on Christ (thought-life), and a fixed mental path (linear truth) that leads to a specific goal (object, Christ).

**Ask yourself: *Whose kingdom am I trying to build?***

"Jesus answered [Pilate], 'My kingdom is not of this world. If my kingdom were of this world, my servants would have been fighting, that I might not be delivered over to the Jews. But my kingdom is not from the world'" (John 18:36).

**Control the '*controllables*' and change the '*changeables*'**

**Resolve to:** Change the things you can (directive will), and submit to the things you cannot (decretive will).

## **The Undisturbed Peace of a Steady Mind Trusting in God**

“Thus says the Lord: ‘Cursed is the man who trusts in man and makes flesh his strength, whose heart turns away from the Lord. He is like a shrub in the desert, and shall not see any good come. He shall dwell in the parched places of the wilderness, in an uninhabited salt land. Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.’ (Jeremiah 17:5-8).

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you” (Isaiah 26:3).

“O Lord, we wait for you; your name and remembrance are the desire of our soul. My soul yearns for you in the night; my spirit within me earnestly seeks you” (Isaiah 26:8-9).

### **Be at peace with who you are. Accept the providence of God in your life.**

“The LORD is my chosen portion and my cup; you hold my lot. The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance. I have set the LORD always before me; because he is at my right hand, I shall not be shaken. Therefore my heart is glad, and my whole being rejoices” (Psalm 16:5-9).

“The Messiah speaks. Yahweh is the portion of mine inheritance, I seek no earthly good; I desire to do the will of God, and that only” (Clarke).

### **Learn to Calm Your Mind and Quiet Your Soul**

“O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. O Israel, hope in the Lord from this time forth and forevermore” (Psalm 131).

*“O Lord, my heart is not lifted up” – He is humble.*

### **Pride divides the mind. Its loyalties are split between *God* and *self*.**

What the flesh desires, the eyes of the heart search for. When the heart is healthy, the eye seek the Lord.

### **Submit Yourself to God’s Sanctifying Work – Cast All Your Cares on Him**

“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you” (1 Peter 5:6-7).

“Humble yourselves, therefore, under the mighty hand of God” (v6).

“casting all your anxieties on him” (v7).

“anxieties” Gk *merimna* (same word); “care that brings disruption to the personality and the mind” (Zodhiates); from root *merizo*: ‘to divide; separate into parts; to distribute; to be divided; disunited.’

*“No one can serve two masters” (Matthew 6:24).*

Stop resisting God's will. Stop trying to live life your way. These two opposing wills create the divided mind that produces anxiety.

"Humble yourselves, therefore, under the mighty hand of God," Why? Because "Blessed are those who are poor in spirit, for theirs is the kingdom of heaven" (5:3).

"because he cares for you" (v7). Do you believe this? Do you not believe that you "are you not of more value than" all other created things on earth?!

"But who are we that we demand so fair and comfortable a lot—we whose first father was a gardener who stole his Master's fruit; who have sprung from the dust but yesterday; and who have piled Alps on Andes of repeated sin? Let us accept what God sends. The worst is ten thousand times better than we deserve. The hardest is the better evidence of a love which dares not spoil us. The whole is dictated and arranged by such wisdom as cannot for single instant err" (F.B. Meyer, 195).

"Be still, and know that I am God" (Psalm 46:10).

"Lie still my soul! Whatever God ordains is right and good; thou deservest nothing better; what right hast thou to be sitting at the royal table at all, when thou hadst forfeited it for the swine's fare? If thou hadst thy *rights*, thou wouldst be now in the outer gloom" (F.B. Meyer, 195).

Thanks be to God that we have received so great a grace that outlasts all our sin!

**Humble Yourself; Guard Your Heart; Trust in God; Keep Your Eyes Fixed on Christ – *Always*.**

"You have tried my heart, you have visited me by night, you have tested me, and you will find nothing; I have purposed that my mouth will not transgress" (Psalm 17:3).

Make a Plan for Change

Practice These Things