



Destroying Roots of Anxiety - Handout #6

Review

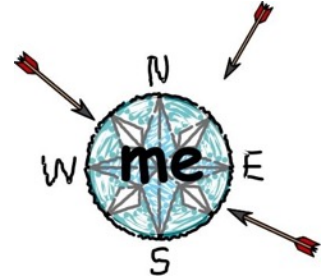


Anxious thoughts come at us from every direction. How will we respond to them?

1) Declare the _____

2) Admit the _____

3) Detect the _____



Why is it so difficult?

- Why is it so difficult to stop worrying?
- What the two steps to overcoming worry?

Description of the Battlefield (2 Cor 10:3-4)

Our confusion

"For though we walk in the flesh, we do not war according to the flesh" (2 Cor 10:3).

- Behind our personal difficulties often lie _____.

Application: I have been blinded to the seriousness of the sins in my life.

Our helplessness

"for the weapons of our warfare are not of the flesh" (2 Cor 10:4a).

- Our _____ and _____ are unable to correct our personal problems.

Application: I have failed because I have trusted in my own methods and wisdom.

Our resources

"but divinely powerful for the destruction of fortresses" (2 Cor 10:4b).

- Special weapons of divine origin are designed to _____ these fortresses.

Application: I need to look to God to help me overcome my problems in His way.



Battle at Jericho (Joshua 6)

Throughout the scriptures we find that God fights battles differently than man. Jericho is one of these many excellent examples.

- No _____ • No _____ • No power
- The cities were livable fortresses.
- The Israelites had nowhere to run.
- They had no weapons to demolish the 46 foot high wall.



Successful Battle Plans

From 2 Corinthians 10:5 are two crucial parts to our fight because of the enemy's devices and our problems.

1. Destroying - _____

"We are **destroying speculations** and **every lofty thing** raised up against the knowledge of God" (5a).

We must destroy those things that counter the knowledge of God.

2. Capturing - _____

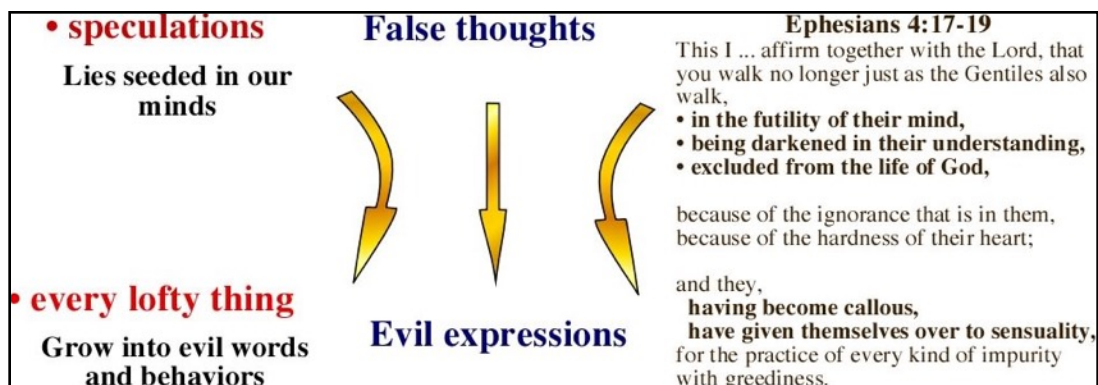
"And we are taking **every thought captive** to the obedience of Christ" (5b).

We must make every thought subject to the teaching of Christ.

If we do _____, we will not be freed.

Understanding Lies

"We are **destroying speculations** and **every lofty thing** raised up against the knowledge of God" (2 Corinthians 10:5).



Satan's purpose of lies:

Unbelievers - _____ darkened in their understanding

Believers - increase _____ to keep ineffective

Satan uses lies or falsehood to get his way because he has no natural authority.

- Anxious people are lured away from God as they depend upon false promises. These false promises are lies that deceive us so terribly, promising what they can never deliver.

Exposing Lies

Discernment takes place when we are able to see how thoughts, beliefs and actions are related to each other. By examining our thoughts and actions we can go back and detect wrong beliefs that stem from some falsehood that was somehow planted in our minds.

Our worry betrays our wayward hearts.

Influence what we _____, and you have _____ over our persons. What we believe shapes what we say and do.

Two examples

- Peter rebuked Jesus (Mark 8:32-33)

Satan's whisper > unbelief > wrong action/words

- Peter affirmed Jesus (Matthew 16:16-17).

God reveals > belief > right action/words

Destroying Lies (Attack #1)

By contrasting lies with the truth, one is essentially shining the light of God's truth upon them. People's confidence in something diminishes when they see its futility.

1) Source

We need to discern whether advice is from the Spirit of Truth or the spirit of error.

2) Belief

We need to check what we actually believe. What we SAY we believe is often very different from what we really believe.

3) Obedience

We need to see whether our attitudes, thoughts, words are pleasing to God.



Future partner: Worried I will not find the right man or woman for me.

Discern source	Check belief	Test obedience
"You waited on God for how many years?"	God wants me to take self-initiative.	• One guy in class showed interest in me. • I will join that exercise club and see if I can find
God cares for you. He will provide the right partner at the right time.	I will wait for God's timing because He is faithful. I need not worry.	I am not open to marrying an unbeliever. I will pray and patiently wait.
Discern the spirit behind the comments. Do they foster faith and obedience or cause one to doubt and compromise?	Two options: (1) God can be trusted or (2) God cannot be trusted.	Are you open to disobedience? Check with a godly friend.

Anxieties and Lies

Two levels of lies

1) Root lie

That basic lie is directly linked with my insecurity or lack of fulfillment in life.

2) Branch lie

Branch lies build upon root lies by trying to obtain what our perceived needs.

- To destroy a lie, one must be honest with self and seek, know and speak the truth.
- A lie leads me to my own solutions.
- The truth leads me directly to God's solutions.

The more desperate we are to get that need fulfilled, the more susceptible we are to listening to false promises.

An example of loneliness

I worry about feeling lonely,
so I come up with my own solutions.

* Root Lie

If I have more friends, then I won't be lonely.

* #1 Possible path of Gaining Acceptance

=> I want to have lots of friends. (goal)

- Those with nice cars have lots of friends.
- I need a nice car.
- Nice cars cost a lot of money.
- I need to be rich.
- I'll work real hard and get several jobs.

* #2 Possible path of Gaining Acceptance

=> I want to have lots of friends. (goal)

- Those that look beautiful have lots of friends.
- I want to look beautiful.
- Read magazines and see what is trendy.
- Get teeth reworked.
- Starve oneself.
- Spend money on my hair.

Insecurity > Perceived need > Seeking fulfillment

Capturing Your Thoughts (Attack #2)

"And we are taking every thought captive to the obedience of Christ" (2 Cor 10:5b)

Affirm the truths

We can detect lies perhaps, but unless we take _____ captive to what pleases our Lord, then we will miserably fail.

_____ and _____ identify two special areas of needs. They are similar but with different foci. The way we destruct is to bring the truth upon our lies. The way we capture is to assert the truth.

“The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.” (Mark 1:15)

Repent: Destroy our self-reliance by falsehood

Confession of all of our devices of self-reliance. We have sinned by asserting that we can care for ourselves in areas that the Lord has made us to depend upon Him.

Believe: Capture our thoughts

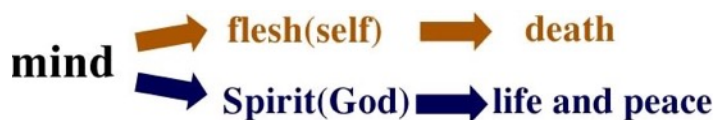
Belief and obedience in the truth of the Lord Jesus Christ. We need to totally transform what we believe and do by meditating in God's Word.

Affirming the Truth

Which way will our mind default? Always to the _____. With God's Word fresh in our hearts, minds and wills, the Spirit will enable us to live out our faith!

In order for us to pursue the truth of God, we must be intent on having God's Word occupy our minds.

“For the mind set on the flesh is death,
but the mind set on the Spirit is life and peace” (Romans 8:6).



Meditation on the Word of God is considered so important to keep our mind on the Lord. This is the same reason we are to 'pray always.' As we keep our minds fixed on the Lord and His purpose, there is less chance of listening to thoughts that call us away from trusting the Lord.

The battle takes form in the thoughts that shape our minds. Jesus' command to 'make disciples' targets the need to reshape our minds and lives around God's truth in Christ.

- Take every thought captive.
- What if we have one thought that does not serve the desires of our Lord?
- What meditation discipline(s) do you currently exercise?

Touching Our Lives



- **Principles:** What principles were strongly impressed on me today?
- **Applications:** What clear decisions, plans, confessions, etc. do I need to make because of what God spoke to me during this session?
- **Testimony:** What one or two special lessons, stories, illustrations, warnings, etc. can I share with others that might encourage their faith?

OA Handout Answers #06

1) Declare the truth of God
2) Admit the truth of our
weaknesses
3) Detect the truth of our
situation

often lie
invisible spiritual issues.
Our tactics and weapons are
designed to destroy these
No experience
No power

1. Destroying - Exposing the lies
2. Capturing - Affirming the
truths
If we do nothing, we will
Unbelievers - keep darkened
Believers - increase darkness

person believes, and you have
control over
take every thought captive
Repent and believe identify
Always to the flesh