

Taking Up Our Spiritual Armor: Defeating Anxiety and Addictions

Philippians 4:4-13

Unbelief in God, giving into fear, is the root of anxiety.

Our anxiety leads to addictions.

1 Tim 3: 1-5 (NIV)

But mark this: There will be terrible times in the last days. **2** People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, **3** without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, **4** treacherous, rash, conceited, lovers of pleasure rather than lovers of God— **5** having a form of godliness but denying its power. Have nothing to do with such people.

Dopamine



Dopamine deficit states are an important factor in motivation and addiction.

Philippians 4:4-13 (NIV)

4 Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **9** Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

10 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. **11** I am not saying this because I am in need, for I have learned to be content whatever the circumstances. **12** I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. **13** I can do all this through him who gives me strength.

Battling Anxiety with God's Promises

1. When I am anxious about some risky new venture or meeting, I battle unbelief with the promise: “Fear not for I am with you, be not dismayed for I am your God; I will help you, I will strengthen you, I will uphold you with my victorious right hand” (Isaiah 41:10).
2. When I am anxious about my ministry being useless and empty, I fight unbelief with the promise: “So shall my word that goes forth from my mouth; it will not come back to me empty but accomplish that which I purpose, and prosper in the thing for which I sent it” (Isaiah 55:11).

3. When I am anxious about being too weak to do my work, I battle unbelief with the promise of Christ: “My grace is sufficient for you, my power is made perfect in weakness” (2 Corinthians 12:9), and “As your days so shall your strength be” (Deuteronomy 33:25).

4. When I am anxious about decisions I have to make about the future, I battle unbelief with the promise: “I will instruct you and teach you the way you should go; I will counsel you with my eye upon you” (Psalm 32:8).

5. When I am anxious about being sick, I battle unbelief with the promise that “but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.” (Romans 5:3–5).

6. When I am anxious about getting old, I battle unbelief with the promise, “Even to your old age I am he, and to gray hairs I will carry you. I have made, and I will bear; I will carry and will save” (Isaiah 46:4).

7. When I am anxious about dying, I battle unbelief with the promise that “none of us lives to himself and none of us dies to himself; if we live we live to the Lord and if we die we die to the Lord. So whether we live or die we are the Lord’s. For to this end, Christ died and rose again: that he might be Lord both of the dead and the living” (Romans 14:8–9).

8. When I am anxious that I may make shipwreck of faith and fall away from God, I battle unbelief with the promise, “He who began a good work in you will complete it unto the day of Christ” (Philippians 1:6). “He who calls you is faithful. He will do it” (1 Thessalonians 5:23). “He is able for all time to save those who draw near to God through him, since he always lives to make intercession for them” (Hebrews 7:25).

1 Peter 5:6-10 NIV

6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. **7** Cast all your anxiety on him because he cares for you. **8** Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. **9** Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. **10** And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

Ephesians 6:10-18 NIV

10 Finally, be strong in the Lord and in his mighty power. **11** Put on the full armor of God, so that you can take your stand against the devil's schemes. **12** For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. **13** Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, **15** and with your feet fitted with the readiness that comes from the gospel of peace. **16** In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. **17** Take the helmet of salvation and the sword of the Spirit, which is the word of God.

18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Matthew 6: 33-34 NIV

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 11:28-30 NIV

28 “Come to me, all you who are weary and burdened, and I will give you rest. **29** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy and my burden is light.”

Response

- **CHOOSE JOY**- a declaration of faith, hoping in Jesus never disappoints
- **PRAY**- draw near to God as He draws near to you
- **FAST**- hunger for more of God in your life, recalibrate, give up something to be filled with more of His Spirit