

Tracking “The Way Down” Part One

Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.

Romans 1:21

A. Unbelief – The Great **Disorder** of the Heart

1. **Unbelief** is a “dis-order”: because it accepts the reasoning of fallen man over the revelation of God.
2. As we shall see, most of the psychiatric disorders of our day are rooted in The Great Disorder.

- a. At the root of **anger** is unbelief (Number 20:1-13)
- b. At the root of **anxiety** and fear is unbelief (Mark 4:40)
- c. At the root of **despair** is unbelief (Hebrews 12:2-3)

3. The **lie** – the fantasy – of the Great Disorder is that “God is not doing enough for me; God Himself is not enough for me. I need something more.”

We have interpreted what we know about God from our experiences instead of interpreting our experiences in light of what is true about God from the Scriptures.

4. If we **reject** what God says is true, all we can do is live in a fantasy world of imagination because the world as we are choosing to believe it does not exist.

- a. A world where God does not **love** us does not exist.
- b. A world where God is not in **control** of all things for our good and His glory does not exist.
- c. A world where God is not with me or does not **hear** my cry does not exist.

d. A world where God is heavy-handed and mean-spirited does not exist.

These worlds are fantasy worlds of our imaginations.

5. To live in a fantasy world is to hasten our own disintegration.

6. Philippians 4:19 describes the real world: “But my God shall supply all your need according to his riches in glory by Christ Jesus.”

B. Discontent

1. Discontent is the dissatisfaction of not having what we have decided we need.

2. The whining of our discontented heart is familiar.

a. “If only I had what I need.”

b. “I should be/have...”

c. I don’t like...”

3. These statements are dangerous because a lust for more is the basis for every temptation in the heart.

James 1:14 “But every man is tempted, when he is drawn away of his own lust, and enticed.”

4. Begin a list of your own “if onlys,” “I should,” and “I don’t likes.”

5. Legitimate concerns should be turned into prayer while surrendering the results to God.

Conclusion: Learn to look for the roots of unbelief and discontent when you see the fruit of guilt, anxiety, anger, and despair.