

Tracking “The Way Down” Part Two

“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

B. Discontent

C. Anxiety

1. Anxiety is a subset of fear – the emotion of uncertainty.
2. Worriers meditate upon possibilities (uncertainties) instead of certainties.
3. Worriers meditate upon impossibilities instead of certainties.
4. Worriers are masters at meditation.
5. Worry is the root cause of the “anxiety disorders” today (panic attacks, obsessive thinking, compulsive behavior, eating disorders, generalized anxiety, phobia) and many sleep disorders.
6. Worry is the root cause of many physical problems.
7. Anxiety is the fear that I will not get what I need or want. It is driven by unbelief and discontent. This is why anxiety is always portrayed in the Bible as a spiritual problem: “God is not enough for me; I need something more, and I’m afraid I won’t get it.”

D. Anger

1. Anger is a strong emotion of displeasure. It says, “I don’t like what is going on” or “I don’t have what I need, and I’m upset.”

2. The three main causes of displeasure are frustration, hurt, and fear.

E. Despair

1. Despair (psychological depression) exists when a person sorrows about his losses in life without any_____. The hopelessness is often laced with self-pity, making the conditions even more toxic to the person's emotional state.
2. Feeling down is not sinful and can be caused by bodily conditions, but thinking _____is entirely a matter of the heart and is an indication of spiritual needs.

Conclusion: “The way back “and “the way out” becomes clear as you learn “the way down.”