

# Anxiety, Anger, and Depression

## Introduction:

Anxiety, anger, and depression are emotions that we all experience from time to time. Not all anxiety, anger, and depression are bad. “Some of our everyday anxiety, depression, and anger go beyond their useful function” (Psychology Today / pp. 221). God has; however, created us with these emotions for a purpose. Problems occur when these emotions are out of balance in our lives. This lesson shall examine both sides (good and bad) of these emotions we experience.

## I. Anxiety:

A. What is anxiety (Greek *merimnao*)?

1. “To expend careful thought, to concern one’s self” (Moulton 263).
2. “To care for, be anxious about (worried and distressed about some uncertain event or matter), think earnestly upon, scan minutely” (LS 499).
3. Consider definition in article: “What You Can Change & What You Cannot Change” (Psychology Today / pp. 221).

B. Jesus commands us not to be anxious (Matt. 6:25-33).

C. Paul experienced anxiety (II Cor. 11:28)

D. Did Paul sin (I Pet. 5:7)?

E. “Do not overlook what your anxiety is trying to do for you”

## II. Anger:

A. What is anger? Greek *orgizo* = “anger [feelings of extreme displeasure; rage, wrath], indignation, wrath” (Moulton 291).

B. Solomon said, “*Be not hasty in thy spirit to be angry; for anger resteth in the bosom of fools*” (Eccl. 7:9). What is Anger?

C. The apostle Paul wrote, “*Be ye angry, and sin not: let not the sun go down upon your wrath.*” (Eph. 4:26).

D. “Do not overlook what your anger is trying to do for you.”

## III. Depression:

A. Depression is “low in spirits; dejected... dismal or gloomy... to be lower than one’s surroundings” (AHD 383). Solomon gives a great definition of depression by stating, “*A glad heart maketh a cheerful countenance; But by sorrow of heart the spirit is broken*” (Prov. 15:13).

B. The broken spirit of a man has a way of drying up the insides. Again, Solomon wrote, “*A cheerful heart is a good medicine; But a broken spirit drieth up the bones*” (Prov. 17:22).

C. “Do not overlook what your depression is trying to do for you” (see Isa. 57:15; Ps. 51:17; II Cor. 7:7-10).

## Conclusion:

We have been created with various emotions. It is thereby natural to feel empathy, sympathy, shame, embarrassment, anger, anxiety, and depression at times in our lives. These emotions; however, must be kept in check (see II Pet. 1:5ff). People ought to feel anxiety so that they will not act or say the same foolish things over and over. People ought to feel anger when they or another sins. We all ought to have heavy hearts when sin is in the lives of people. Problems will surely come when these emotions are permitted to be directed in the wrong areas and for prolonged times. Paul said “*...let not the sun go down upon your wrath*” (Eph. 4:26). These emotions cannot get the better of us. We must exercise self control. God gave us these emotions for a reason and that reason is the salvation of our eternal souls.