# **Anxiety (Part 4): Real Life for the Depressed and Anxious**

Luke 10:38-42

# Instructions

• Will you take your Bibles and turn to [Luke 10:38-42](https://ref.ly/logosref/Bible.Lk10.38-42)? Please search the Scriptures with us. Don’t be afraid to use your index.

• If you don’t have a Bible but have a smartphone, you can download the Y-O-U Version Bible App. Once you download it, you can go to the “More” tab, tap “Events,” and find Mt. Carmel Baptist Church, and you can see the Scripture, notes, quotes, and references.

# Review

Anxiety has two senses: (a) \_\_\_\_\_\_\_\_\_\_\_\_ anxiety, not necessarily sinful; and (b) \_\_\_\_\_\_\_\_\_\_\_\_ anxiety, a sinful preoccupation.

# The Question

• So what are some biblical, actionable insights you can use to cope with anxiety?

1. \_\_\_\_\_\_.

**Ecclesiastes 3:3 CSB**

a time to kill and a time to heal; a time to tear down and a time to build;

**Luke 10:38–42 CSB**

While they were traveling, he entered a village, and a woman named Martha welcomed him into her home.   
  
She had a sister named Mary, who also sat at the Lord’s feet and was listening to what he said.   
  
But Martha was distracted by her many tasks, and she came up and asked, “Lord, don’t you care that my sister has left me to serve alone? So tell her to give me a hand.”   
  
The Lord answered her, “Martha, Martha, you are worried and upset about many things,   
  
but one thing is necessary. Mary has made the right choice, and it will not be taken away from her.”

2. \_\_\_\_\_\_\_\_.

**Take Home Truth**

• There is  hope  to  cope  from the  saints  and  prayer .

**Proverbs 12:25 CSB**

Anxiety in a person’s heart weighs it down, but a good word cheers it up.

3. \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_.

**1 Timothy 4:8 CSB**

For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come.

**1 Timothy 5:23 CSB**

Don’t continue drinking only water, but use a little wine because of your stomach and your frequent illnesses.

4. \_\_\_\_\_\_\_\_\_\_\_\_ according to the \_\_\_\_\_\_, not the \_\_\_\_\_\_\_\_ ([Matt. 6:26-34](https://ref.ly/logosref/Bible.Mt6.26-34); [Luke 12:25-34](https://ref.ly/logosref/Bible.Lk12.25-34)).

**2 Corinthians 4:17 CSB**

For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory.

**Romans 8:18 CSB**

For I consider that the sufferings of this present time are not worth comparing with the glory that is going to be revealed to us.

**Romans 8:28 CSB**

We know that all things work together for the good of those who love God, who are called according to his purpose.

**Hebrews 12:2 CSB**

keeping our eyes on Jesus, the pioneer and perfecter of our faith. For the joy that lay before him, he endured the cross, despising the shame, and sat down at the right hand of the throne of God.

**Hebrews 2:10 CSB**

For in bringing many sons and daughters to glory, it was entirely appropriate that God—for whom and through whom all things exist—should make the pioneer of their salvation perfect through sufferings.

5. \_\_\_\_\_\_ \_\_\_\_\_.

**Proverbs 3:5–6 CSB**

Trust in the Lord with all your heart, and do not rely on your own understanding;   
  
in all your ways know him, and he will make your paths straight.

6. \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ it to \_\_\_\_.

**Matthew 6:12 CSB**

And forgive us our debts, as we also have forgiven our debtors.

**Matthew 6:14–15 CSB**

“For if you forgive others their offenses, your heavenly Father will forgive you as well.   
  
But if you don’t forgive others, your Father will not forgive your offenses.

**Romans 12:19 CSB**

Friends, do not avenge yourselves; instead, leave room for God’s wrath, because it is written, **Vengeance belongs to me; I will repay,** says the Lord.

7.  \_\_\_\_  ([Phil. 4:4-6](https://ref.ly/logosref/Bible.Php4.4-6)).

• Prayer \_\_\_\_\_\_\_\_\_ God.

**Proverbs 15:8 CSB**

The sacrifice of the wicked is detestable to the Lord, but the prayer of the upright is his delight.

• It is \_\_\_\_\_\_ to \_\_\_\_\_\_ on God. (Or you cannot scheme while praying.)

**Lamentations 3:25–26 CSB**

The Lord is good to those who wait for him, to the person who seeks him.   
  
It is good to wait quietly for salvation from the Lord.

• We \_\_\_\_\_\_\_\_\_ our cares to God through \_\_\_\_\_\_\_\_\_.

**1 Peter 5:6–7 CSB**

Humble yourselves, therefore, under the mighty hand of God, so that he may exalt you at the proper time,   
  
casting all your cares on him, because he cares about you.

• We cannot \_\_\_\_\_ all that God is \_\_\_\_ to.

**2 Kings 6:15–17 CSB**

When the servant of the man of God got up early and went out, he discovered an army with horses and chariots surrounding the city. So he asked Elisha, “Oh, my master, what are we to do?”   
  
Elisha said, “Don’t be afraid, for those who are with us outnumber those who are with them.”   
  
Then Elisha prayed, “Lord, please open his eyes and let him see.” So the Lord opened the servant’s eyes, and he saw that the mountain was covered with horses and chariots of fire all around Elisha.

# Repent and be baptized.

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www.mtcarmeldemorest.com/baptism

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# Pray!

Have mercy upon us, most merciful Father. ...keep us from sinful discontent and cares. And seeing all these things must be dissolved, let us consider what manner of persons we ought to be, in all holy conversation and godliness. Help us to watch against temptations, and resist and overcome the flesh, the devil, and the world. And being delivered out of the hand of all our enemies, let us serve you without fear, in holiness and righteousness before you all the days of our life. Guide us by your counsel, and afterward receive us into your glory, through Jesus Christ our only Saviour. Amen. RICHARD BAXTER