

SUBTLE SINS

Anxiety, Worry &
Frustration

What is Sin?

Sin is Lawlessness

- 1 John 3:4 – *Whoever commits sin also commits Lawlessness.*
- All sin that seems so minor in our eyes, is lawlessness. It is not just breaking of a single command; it is a complete disregard for the law of God, a deliberate rejection of His moral will in favor of fulfilling one's own desire.
- James 2:10- *Whoever keeps the whole law but fails to keep in one point has become guilty of God.*

Re-Cap

What are Respectable or Subtle Sins?

- Sin's we seem to accept that we are often blind to in our own lives. These are sins we often tolerate in our lives are serious in God's eyes. Our impatience, gossip, anger even anxiety are serious in God's sight.

What is Malignancy of Sin?

- Sin is spiritual and moral malignancy. Left unchecked, it can spread throughout our entire being and contaminate every area of our lives. Also, it can spread from us to other believers around us.
- All sin no matter how subtle it may seem to us, is malignant and wage war against our souls. Some sins we commit without really thinking of them, either that time or afterward.

Re-Cap (2)

What/Who is the Remedy for our Sins?

- Jesus Christ is our only and absolute remedy for sins.
- Christ has already paid the penalty for our sins, and then sent to us the Holy Spirit to live within us , and help us to deal with sins.

What is Ungodliness?

- Living one's everyday life with little or no thought of GOD, or of God's will or of God's glory.
- Paul writes to Corinthian believers: Whether you eat or drink or whatever you do, do it all for the glory of GOD (1 Cor 10:31)

Anxiety/Worry/Frustration

Uneasy feeling of uncertainty, agitation, dread, or fear

- The most common words in Scripture is translated as *anxious* or *anxiety*.
 - Worry means to divide; tear apart; to pull in opposite directions;
 - Frustration is being upset or even angry at whatever is blocking *our* plans.

*Proverbs 12:25 – Anxiety in the heart of man causes depression,
But a good word makes it glad.*

*Psalm 94:19- In the multitude of my anxieties within me, Your
comfort delights my soul.*

Why Anxiety is a Sin?

Moral Command of God is to not be anxious

- Matthew 6: 25 – 34 Jesus says to not worry 6 times in this passage itself.
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- When Jesus says, Do not be anxious or not be afraid it has a force of a moral command. (In other words, it's the moral will of God that we do not be anxious of anything, or it say more explicitly, anxiety is a sin.

To be Anxious Distrust God

- Fret and worry indicate lack of trust in God's wisdom and sovereignty.

Anxiety is a failure to accept God's providence in our lives.

- Matthew 10: 29 -31 God orchestrates all circumstances in this universe for His Glory and for the good of His people.

Why Worry is a Sin?

Worry is a failure to understand God's priority

- Matthew 6:33 Seeking First God's Kingdom and His righteousness should be our priority as well.
- Worry is a sin because we are taking our eyes off Christ and His ability to handle a situation, and we do this, we are no longer able to live by faith.

Worry is a failure to understand or know God (Philippians 3:7-11)

- Failure to understand His sovereign love.
- Failure to understand His sovereign care.
- Failure to understand His sovereign Resources.

**Anxiety,
Worry &
Frustration
are Sins before
a Holy God**

They are not to be taken lightly or brushed off as common reactions

We may not achieve complete freedom from anxiety or frustrations in this life...

However, we should follow what God has prescribed in His Word to rid our lives from these sins.

Antidote for Anxiety & Frustration

Trust God in all our Circumstances

- 1 Peter 5:7 -Cast all your anxieties on Him, because He cares for you.
- Proverbs 3-5 :6-Trust in the LORD with all your heart, do not depend on your own understanding, Seek his will in all you do, and he will show you which path to take.
- Psalms 118-8:9- It is better to take refuge in the LORD than to trust people. It is better to take refuge in the LORD than to trust in princess.

Rejoice in the Lord - Always

- Philippians 4:4- Rejoice in the Lord always, Again I say I will say rejoice.
- 1 Thessalonians 5:16- Rejoice always.
- Amid anxiety and difficulties, we are asked to rejoice.

Antidote for Anxiety & Frustration – Meditate

Meditate on the Lord and His Word

- Ponder upon God's goodness
- Philippians 4:8- Finally brethren whatever is things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is any praiseworthy- mediate on these things.

**Antidote for
Anxiety &
Frustration -
Pray**

Pray for Everything

- Philippians 4:6- Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your request know to God.
- 1 Thessalonians 5:17- Rejoice always, in everything give thanks; for this the will of GOD in Christ Jesus.
- In everything let your prayer know to God.

Antidote for Anxiety & Frustration - Pray

Pray with Thanksgiving

- Philippians 4:6- Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your request know to God.
- 1 Thessalonians 5:17- Rejoice always, in everything give thanks; for this the will of GOD in Christ Jesu.

Pray without Ceasing

- 1 Thessalonians 5:17- Rejoice always, pray without ceasing in everything give thanks; for this the will of GOD in Christ Jesus.

YOU WILL
EXPERIENCE GOD'S
PEACE

Philippians 4:7 *And the peace of God, which surpasses all understating will guard your hearts and your minds in Christ Jesus.*