

THEME: SEVEN DEADLY PASSIONS – WORRY

TOPIC: WHAT ARE THE MENTAL & PHYSICAL SYMPTOMS OF WORRY?

TEXT: ROMANS 8:5-8, MATTHEW 6:25-34, PHILIPPIANS 4:6-7

Introduction

The Dictionary of Bible Themes defines Worry as, “A sense of uneasiness and anxiety about the future. Scripture indicates that such anxiety is ultimately grounded in a lack of trust in God and His purposes.” Today we are considering the various factors of the mental and physical symptoms of worry and how it affects us as believers.

WHAT ARE THE MENTAL SYMPTOMS OF WORRY?

Once your mind is engaged in a state of worry. That act devalues your sense of satisfaction and makes you feel stressed perpetually.

1. Worry puts you under pressure. It puts your ability to accept and value yourself under pressure. It creates an atmosphere of self-doubt. ***Mark 12:31***
2. Worry puts pressure on your mental life particularly when you violate the values of life, blessing, family, and morality which you hold. In Genesis we see the case of Cain and Abel. Cain became worried and killed his brother, feeling that his offering was not accepted and therefore his person was not acceptable. ***Genesis 4:7***
3. Worry makes you devalue yourself and fail to realise that because an act you carried out was rejected does not mean that your person has been rejected. In that circumstance it makes you to walk in offence, either at people who are the source of your worry or those who you think are connected to it.
4. Worry can lead you into assumptions so that people who are neither part of your problem nor the solution become the object of your persecution even though they may have not been a part of your challenges.
5. Worry increases when you have unmet expectations. People’s reaction to us may differ from how we expected them to when we first met them. Naaman expected Elisha to come out and give him instructions on how to be healed from his leprosy. ***2 Kings 5:11***
6. Walking in the valley of worry can lead you into excessive rehearsal of negative thoughts and this would expose you to destructive self-criticism. That is why Paul admonishes us on what to meditate on in seasons when we have no clear answer as to some things in life. ***Philippians 4:8***
7. One of the key mental signs of worry is, “jumping to conclusions”. How many marriages, relationships, establishments have been rocked to the foundation because somebody drew conclusions as to what someone said or did not say, someone did or did not do, someone saw or did not see?

PHYSICAL SYMPTOMS OF WORRY

Have you ever had to confront someone who seems worried?

Or has someone ever told you that you look worried? Many times, the natural reaction is to put on a defence mechanism and say, ‘I am not worried, I am OK’.

1. Extensive study have been made on people who have shown worry and some of the things that they manifest are: muscle tension, **insomnia**.

When you are in a state of worry, you certainly are unable to sleep. You do not enjoy the benefit of your relationship with God and the covenant of God which says that He gives His beloved sleep. *Psalm 127:2, Proverbs 3:24*

2. Insomnia could be followed by **intestinal distress**. Have you heard stories of people who, when news was broken to them that got them worried, they rushed to the bathroom to empty their bowels?
3. Worry can cause **excessive sweating**. Of course we know, many times we have heard of people who broke sweat because they became worried.
4. Worry can lead to **tiredness and/or diarrhoea**.
5. **Sexual inadequacy** – sexual inadequacy, impotence, frigidity and the inability to perform in marriages is often around matters that bring worry to the spouses.
6. **Decreased or increased appetite** – depending on who it is. Some people lose appetite and are unable to eat for days once they hear news that makes them worried. Others have their appetite increased and they bulge because that is the way they handle worry.
7. **Dry mouth or throat, headaches, cold hands or feet** – these are all manifestations of a person who is worried. When people are worried, you sometimes find they experience difficulty breathing and therefore probably needing to be oxygenated. Every worried person shows physical signs. The nature of it differs from one person to the other. For some it is heartburn and excessive sleeping.
8. **Facial or jaw pains** – one of the most common physical manifestations of worry is worried facial expression so that no matter how people try to cover up, it becomes immediately manifest on their face. Some begin to choke and cannot swallow. Worry can bring increased aches and pains.
9. **Worry increases mistakes people make**. Once you are mentally confused the whole of your personality is in disarray. A high degree of car accidents, train accidents and other accidents by way of transportation is because somebody's mistakes increased particularly at a time when they were worried.
10. **Worry makes you nervous** and in your state of nervousness you probably do not know when you manifest other physical problems – teeth grinding for some during their sleep, constant scratching, nail biting but the most interesting and the most revealing is pacing the floor.
11. The last physical symptom which we shall mention is **inattention to proper grooming**. They lose it. Sometimes they forget that they left home with the wrong pair of shoes, didn't comb their hair or wore the shirt inside out.

CONCLUSION

Every waking day, people play the role of psychologists. Spouses make far-reaching statements like, 'I know what you are thinking, I know what is on your mind'. Even a trained psychologist can only assume that he knows your thoughts.

Assumptions and jumping to conclusions have therefore meant that people have carried out major acts and in the end ruined great relationships that were going well for them.

When one is worried it affects the mind-set and makes you not to see yourself in the light of how God sees you. *Philippians 2:5*

Jesus taught that the capacity to really love begins with a positive self-love. Your inability to accept who you are mentally because you are worried about certain aspects of your life makes it difficult to love others.