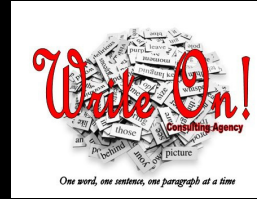


Overcoming

Anxiety and Depression



ABOUT ANXIETY AND DEPRESSION

Anxiety is an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it

Depression is a mood disorder that is marked by varying degrees of sadness, despair, and loneliness and that is typically accompanied by inactivity, guilt, loss of concentration, social withdrawal, sleep disturbances, and sometimes suicidal tendencies

SCRIPTURES

Psalm
23

Matthew
7:7-11

Psalm
119:105

Hebrews
12:5-7

Hebrews
4:12

Key Scripture

Will help you remember that God is always trying to get you to a place of peace or peace with Him as the head of your life.

Ask, Seek, Knock

When the anxiety kicks in, identify what it is you want, and ask God for it.

God's Word

God's Word is a lamp and a light. Use it as such when anxiety, fear, depression, etc. try to overtake you.

God's Chastening is His Love

Let God chasten you. Take heed to convictions, but let Him point out errors,

The Word is Alive

Let the Word dictate your actions, thoughts and feelings. Let it show you YOU.

THE LIFE OF DAVID

Messed up in his walk with God

Experienced depression and anxiety

He was forgiven when he messed up

Many of the Psalms are about David feeling oppressed and fearful

NEXT STEPS

Meditate in the provided scriptures

Identify what makes you anxious and confess these things to God in prayer

Keep a journal of your thoughts and prayer requests

Study the life of David

Fellowship with other believers

Believe God's report about you