

ANXIETY AND DEPRESSION

“Why are you afraid, O you of little faith?” – JESUS (Matthew 8:26)

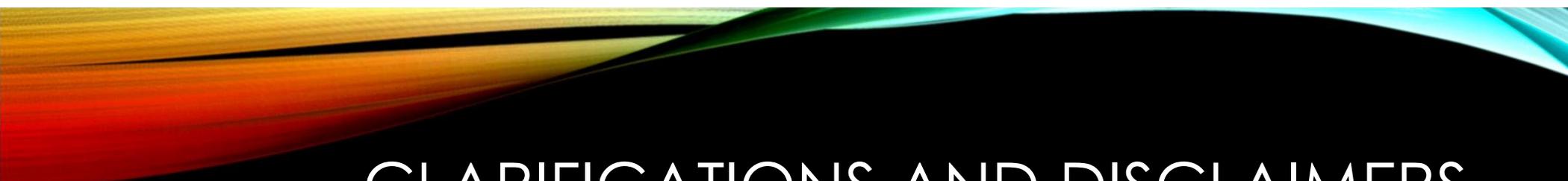


MATTHEW 8:23-27

23 And when he got into the boat, his disciples followed him. 24 And behold, there arose a great storm on the sea, so that the boat was being swamped by the waves; but he was asleep. 25 And they went and woke him, saying, "Save us, Lord; we are perishing." 26 And he said to them, "Why are you afraid, O you of little faith?" Then he rose and rebuked the winds and the sea, and there was a great calm. 27 And the men marveled, saying, "What sort of man is this, that even winds and sea obey him?"

Why are we afraid?

Dealing with Anxiety and Depression



CLARIFICATIONS AND DISCLAIMERS

1. This was planned providentially, not reactively because of COVID-19
2. Fear and Sadness are emotions and not wrong in and of themselves
3. Fear/Anxiety/Worry and Depression will be somewhat lumped all together
4. This is a huge topic so we will scratch the subject just a little bit.

DEALING WITH ANXIETY AND DEPRESSION (A&D)

Agenda

1. Definitions and Extent of A&D

PART 1
Foundational

2. Influencers of A&D

3. Biblical Answers to A&D

4. Practical Approaches to the A&D

PART 2
Practical

a. How we can help ourselves

b. How we can help others

WHY TALK ABOUT A&D?

Anxiety and Depression Association of America (www.adaa.org)

Anxiety disorders are the most common mental illness in the U.S.

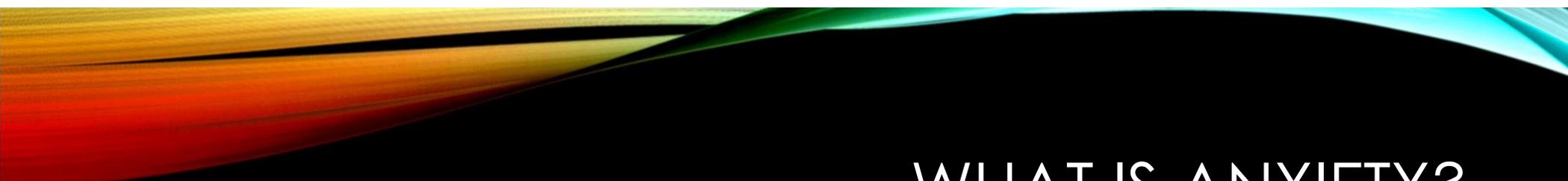
- Affects 40 million adults in the United States age 18 and older, or 18.1% of the population every year.

It is common for those with an anxiety disorder to also suffer from depression.

- Nearly one-half of those diagnosed with depression are also diagnosed with an anxiety disorder.
- In 2014, around 15.7 million adults, 18 or older in the U.S., had experienced at least one major depressive episode in the last year (6.7% of adults in the U.S.).

WHY TALK ABOUT A&D?

- **Generalized Anxiety Disorder (GAD)** - affects 6.8 million adults, or 3.1% of the U.S. population. GAD often co-occurs with major depression.
- **Panic Disorder (PD)** - Affects 6 million adults, or 2.7% of the U.S. population.
- **Social Anxiety Disorder (SAD)** - affects 15 million adults, or 6.8% of the U.S. population. SAD typically begins around age 13.
- **Specific Phobias** - affect 19 million adults, or 8.7% of the U.S. population. Symptoms typically begin in childhood; the average age-of-onset is 7 years old.
- **Obsessive-Compulsive Disorder (OCD)** - affects 2.2 million adults, or 1.0% of the U.S. population. The average age of onset is 19, with 25 percent of cases occurring by age 14. One-third of affected adults first experienced symptoms in childhood.
- **Posttraumatic Stress Disorder (PTSD)** - affects 7.7 million adults, or 3.5% of the U.S. population.
- **Major Depressive Disorder (MDD)** - affects more than 16.1 million American adults, or about 6.7% of the U.S. population age 18 and older in a given year. The leading cause of disability in the U.S. for ages 15 to 44.3.
- **Persistent depressive disorder (PDD)** - is a form of depression that usually continues for at least two years. Affects approximately 1.5 percent of the U.S. population age 18 and older in a given year (about 3.3 million American adults).
- **Related Illnesses** - many people with an anxiety disorder also have a co-occurring disorder or physical illness, which can make their symptoms worse and recovery more difficult.



WHAT IS ANXIETY?

- Anxiety is a subspecies of fear.
 - (Anxiety) refers to a general feeling of tension and concern that something fearful may happen. It is an apprehension which triggers a dread of something that seems to be impending.
 - (Worry) is the fear that certain seemingly adverse events will occur in the future.
 - Jay Adams, *The Practical Encyclopedia of Christian Counseling*
- Anxiety is the mind and body's reaction to stressful, dangerous, or unfamiliar situations. It's the sense of uneasiness, distress, or dread you feel before a significant event. A certain level of Anxiety helps us stay alert and aware, but for those suffering from an anxiety disorder, it feels far from normal - it can be completely debilitating.
 - www.adaa.org



WHAT IS DEPRESSION?

- “It is technically called depression, but it can’t be captured by a word. You feel numb, yet your head hurts; empty, yet inside there are screams; fatigue, yet fears abound. Things that once were pleasures now barely hold your attention. Your brain feels like it is in a fog. You feel weighted down.”
– Ed Welch, *Depression: The Way Up When You Are Down*
- Most people feel low and sad at times. Losing a loved one, getting fired from a job, going through a divorce, and other difficult situations can lead a person to feel sad, lonely and scared. These feelings are normal reactions to life's stressors. However, in the case of individuals who are diagnosed with depression as a psychiatric disorder, the manifestations of the low mood are much more severe and they tend to persist. - www.adaa.org

INFLUENCES TO A&D

There are a lot factors that may go in to how anxiety and depression affect us.

- Genetics
- Health
- Relationships
- Personality
- Circumstances
- Other

I would like to suggest a key factor (maybe even the key factor?): **WORLDVIEW**.

- A largely unconscious but generally coherent set of presuppositions and beliefs that every person has which shape **how we make sense of the world and everything in it**. This in turn influences such things as how we see ourselves as individuals, how we interpret our role in society, how we deal with social issues, and what we regard as truth
– OxfordReference.com
- A worldview basically offers answers to four necessary questions: origin, meaning, morality, and destiny ...

Where did I come from? Why am I here? How should I live? Where am I going?

– Ravi Zacharias

DISTORTING OUR WORLDVIEWS



1. The eternal, self-existent God
2. Man is created
3. God reveals Himself to man
4. Man thinks accurately of and relates rightly to God
5. After the fall, God is crossed out in man's thinking
6. There is no acceptance of or right response to God
7. Man searches hopelessly for answers within himself

The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned. – 1 Corinthians 2:14

DISTORTED WORLDVIEWS



Kant (1724-1804)

- We cannot know for sure that God exists

Hegel (1770-1831)

- There can be no special revelation from the evolving god who is in process of working himself out

Marx (1818-1883)

- The perverted idea of God must be destroyed

DISTORTED WORLDVIEWS



Nietzsche (1844-1900)

- No eternal truths, no eternal purpose, no ultimate meaning or purpose to human existence. In the end there is only the nothingness of meaninglessness.
- “God is dead” and “Father of Nihilism”
- Predicted Nihilism’s ideas would eventually destroy all moral, religious, and metaphysical convictions and precipitate the greatest crisis in human history.
- “As he predicted, nihilism’s impact on the culture and values of the 20th century has been pervasive, its apocalyptic tenor spawning a mood of gloom and a good deal of anxiety, anger, and terror.” (Internet Encyclopedia of Philosophy: <https://www.iep.utm.edu/nihilism/>)
- Influenced many philosophers and thinkers in others fields of study including Sigmund Freud, Carl Yung, and Carl Rogers

DISTORTED WORLDVIEWS



Heidegger (1889-1976)

- Human existence is defined by the sense of having been hurled into space and time chaotically, for no great purpose or reason, with no sense of where I came from or where I will end up.

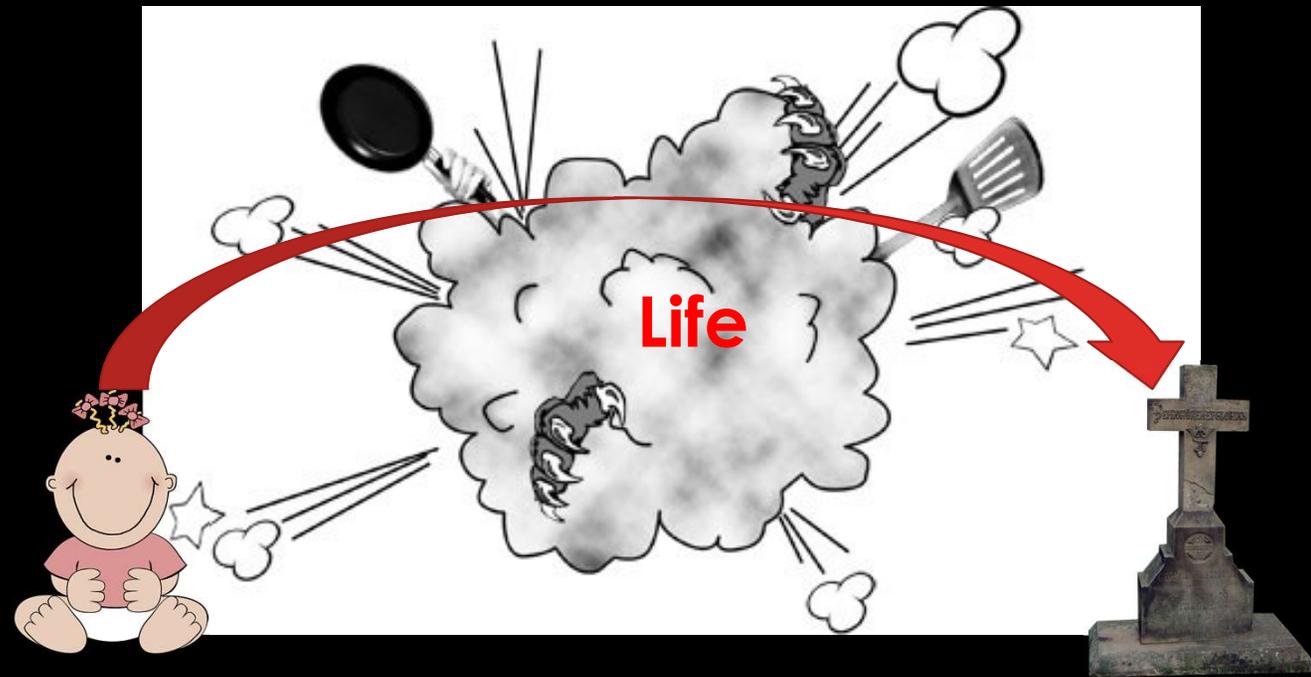
Sartre (1905-1980)

- Reality itself is absurd and irrational and nothing really fits together in any meaningful way.
- If man is truly free (which he must be), then God cannot exist.

Camus (1913-1960)

- "There is only one really serious philosophical question, and that is suicide."

DISTORTED WORLDVIEWS



Birth **Formula for Anxiety and Depression** Death

DISTORTED WORLDVIEWS

- **Woody Allen**

“More than at any other time in history, mankind faces a crossroads. One path leads to despair and utter hopelessness. The other, to total extinction. Let us pray we have the wisdom to choose correctly.

I speak, by the way, not with any sense of futility, but with **a panicky conviction of the absolute meaninglessness of existence** which could easily be misinterpreted as pessimism.”

- **Worldview affects**

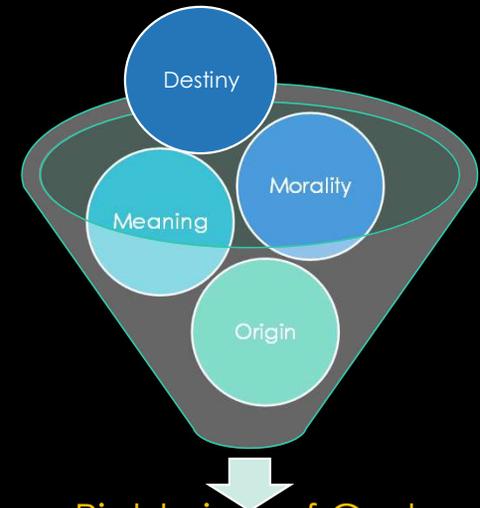
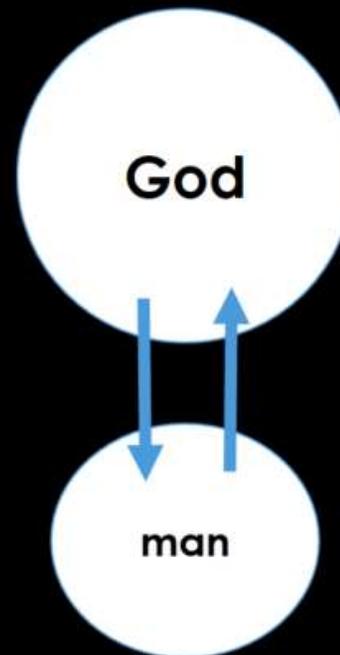
- Philosophy and Education
- Psychology and Medicine
- Entertainment and the Arts
- You , me, your family, my family

REDEEMING WORLDVIEW (AND A&D)

- The Worldview influences around us
- Personal circumstances
- **View of, and relationship with, God**



When God, by His grace makes us alive in Christ (Eph. 2)



Right view of God, self, and the world

We turn to God and His Word for help and hope

WHAT, ME WORRY?

Our lives
Our families
What will become
of our children
What will the future
be like for our kids
and grandkids
Our jobs
Our business
Our finances

Our futures
Our health
The dark
Being up high
Being single
Being married
Being in crowds
Being alone
Failure
Success

Things changing
Nothing changing
What people
think of us
That people
don't think of us
Flying
Not being
allowed to fly
On and on and on

**COVID-19
and its
impacts**

What does
God's
Word say?



YES, A&D AFFECTS CHRISTIANS TOO

- Jesus #1 prohibitive command is “Don’t be afraid.”
- Jesus also said that in this world we will have tribulation so it’s reasonable that we have this struggle
- 1 Corinthians 10:13 tells us it is common to man
- Passages like 1 Peter 5 presume it
- The Bible is **FULL** of passages talking about anxiety and depression

Remember: It's not that you have it, it's what you do with it.

(Consider: In the garden of Gethsemane Jesus exhibited anxiety and depression, but rightly went to His Heavenly Father and trusted in God's plan and power [Mt 26:37-39; Lk 22:41-44])



THE GOOD WORD

Anxiety in the heart of man causes depression,
but a good word makes it glad.

Proverbs 12:25 (NKJV)

- The Good Word **about** God
- The Good Word **from** God



THE GOOD WORD ABOUT GOD

- **God has revealed Himself to us**
 - He speaks through General and Special Revelation
- **God is Great**
 - He is the holy, all-powerful, sovereign God who does whatever He wants to do everywhere and always
- **God is Good**
 - He loves us ... a lot



THE GOOD WORD FROM GOD

- Provides a worldview for dealing with Anxiety and Depression
- [Genesis 1:1](#) - 1 In the beginning, God created the heavens and the earth.
- [John 1:1-3](#) - 1 In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was in the beginning with God. 3 All things were made through him, and without him was not any thing made that was made.

THE GOOD WORD FROM GOD

- [Acts 17:24-31](#) - 24 The God who made the world and everything in it, being Lord of heaven and earth, does not live in temples made by man, 25 nor is he served by human hands, as though he needed anything, since he himself gives to all mankind life and breath and everything. 26 And he made from one man every nation of mankind to live on all the face of the earth, having determined allotted periods and the boundaries of their dwelling place, 27 that they should seek God, and perhaps feel their way toward him and find him. Yet he is actually not far from each one of us, 28 for "'In him we live and move and have our being'; as even some of your own poets have said, "'For we are indeed his offspring.' 29 Being then God's offspring, we ought not to think that the divine being is like gold or silver or stone, an image formed by the art and imagination of man. 30 The times of ignorance God overlooked, but now he commands all people everywhere to repent, 31 because he has fixed a day on which he will judge the world in righteousness by a man whom he has appointed; and of this he has given assurance to all by raising him from the dead."



THE GOOD WORD FROM GOD

- [Colossians 1:17](#) - 17 And he is before all things, and in him all things hold together.
- [Hebrews 1:3](#) - 3 He is the radiance of the glory of God and the exact imprint of his nature, and **he upholds the universe by the word of his power.**



THE GOOD WORD FROM GOD

- [Genesis 3:8-11](#) - 8 And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. 9 But the LORD God called to the man and said to him, "Where are you?" 10 And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." 11 He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?"
- [Hebrews 10:31](#) - It is a fearful thing to fall into the hands of the living God.



THE GOOD WORD FROM GOD

- [Genesis 3:15](#) - 15 I will put enmity between you and the woman, and between your offspring and her offspring; he shall bruise your head, and you shall bruise his heel."
- [John 1:14](#) - 14 And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.
- [John 3:16](#) - 16 "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.
- [Romans 5:8](#) - 8 but God shows his love for us in that while we were still sinners, Christ died for us.



THE GOOD WORD FROM GOD

[Romans 8:28-39](#) - 28 And we know that for those who love God all things work together for good, for those who are called according to his purpose. 29 For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. 30 And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.

31 What then shall we say to these things? If God is for us, who can be against us? 32 He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? 33 Who shall bring any charge against God's elect? It is God who justifies. 34 Who is to condemn? Christ Jesus is the one who died--more than that, who was raised--who is at the right hand of God, who indeed is interceding for us.

35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? 36 As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered."

37 No, in all these things we are more than conquerors through him who loved us. 38 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.



THE GOOD WORD FROM GOD

- 1 John 3:1(The Message)

What marvelous love the Father has extended to us! Just look at it - we're called children of God! That's who we really are.

But that's also why the world doesn't recognize us or take us seriously, because it has no idea who he is or what he's up to.

(Clashing worldviews)



GOOD WORDS FOR A&D

As Christians, we know:

- God's Sovereign Power
- God's Loving Care
- God's Faithful Promises
- God's Abiding Presence



GOOD WORDS FOR A&D

[Joshua 1:5-9](#) - 5 No man shall be able to stand before you all the days of your life. Just as I was with Moses, so I will be with you. I will not leave you or forsake you. 6 Be strong and courageous, for you shall cause this people to inherit the land that I swore to their fathers to give them.

7 Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success wherever you go. 8 This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

9 Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go."



GOOD WORDS FOR A&D

- [Philippians 4:4-7](#) – 4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. **The Lord is at hand;** 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

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"Why are "we" afraid, O you of little faith ?"

"Faith is just believing what God says, He will do."



THE GOOD WORD ABOUT GOD

- **God has revealed Himself to us**
 - He speaks through General and Special Revelation
- **God is Great**
 - He is the holy, all-powerful, sovereign God who does whatever He wants to do everywhere and always

God is Good

- He loves us ... a lot
- He is with us ... always



DEALING WITH ANXIETY AND DEPRESSION

- The End of Part 1
 - A high level overview of A&D and a Biblical Basis for dealing with it.
- Next time ... Part 2
 - Some practical ways to help ourselves and others