



# ANXIETY AND DEPRESSION

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

## Part 2



## 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



# DEALING WITH ANXIETY AND DEPRESSION (A&D)

## Agenda

PART 1  
Foundational

1. Definitions and Extent of A&D

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

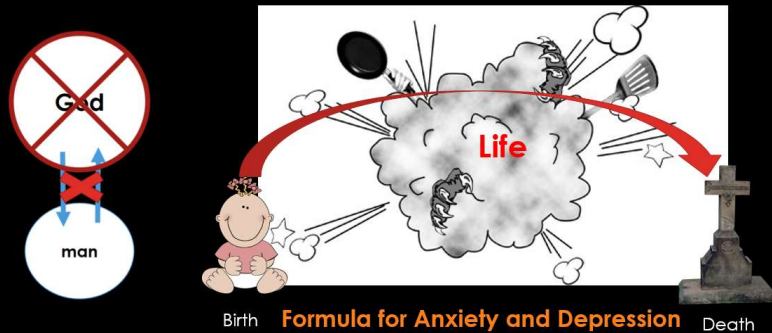
b. How we can help others



# PRACTICAL APPROACHES TO A&D

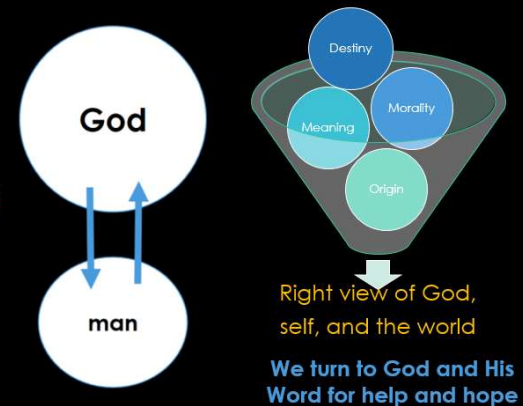
1. Review Part 1
2. My Journey
3. The Heart of the Matter
4. Game Plans
  - Versus Anxiety
  - Versus Depression
  - For Helping Others

# REVIEW - DIFFERING WORLDVIEWS



1. No idea where we came from
2. No purpose for life
3. No absolute right or wrong
4. No hope of a good future

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



1. Created by God
2. Purpose found in God and His Word
3. Absolute truth is revealed
4. Blessed hope of a future with God



## REVIEW - GOOD WORDS FOR A&D

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

Proverbs 12:25 (NKJV)

As Christians, we know God's:

- Sovereign Power
- Loving Care
- Faithful Promises
- Abiding Presence



# MY JOURNEY

- Pit Stops Along The Way
  - Anxieties, kidney disease, and accidents
- Lessons Imparted In The Pits
  - Depression may have many potential causes, but ...
    - Whatever the causes, it involves spiritual struggle
  - Anxiety is fundamentally:
    - Pride (1 Peter 5:6-7)
      - Fear of man – focus on people's opinions, my performance in the eyes of others
      - Control - we worry about what we can't control
    - “Central to worry is the illusion that we can control things ... Worry assumes the possibility of control over the uncontrollable. The illusion of control lurks inside your anxiety. Anxiety and control are two sides of one coin. When we can't control something, we worry about it.” - David Powlison
  - Greed (Luke 12:1-34)
    - Worry about getting, having, and keeping things when we value the wrong thing
  - God will meet us and help us in the midst of anxieties and depression

# JESUS SPEAKS TO THE HEART OF IT (LUKE 12:1-34)

1. We don't have to fear men, when we trust God.
2. God cares for sparrows, knows how many hairs are on our heads, and values us far more than sparrows.
3. God will be with us and meet our needs in our trials.
4. It is not wise to be consumed with things of the earth and not with the things of God.
5. We should not be anxious about our needs because God feeds the crows, and we are of much more value.
6. We can't do even little things that only God can do, let alone big things only God can do, so we should stop acting like we can do something about them, and trust God to help us with them.
7. God adorns the grass with beautiful wild flowers, so it is silly to think he won't take care of us.
8. We have a father that will meet all of our needs, so we should focus on serving Him, not on meeting our own needs.
9. God continually cares for our needs (very personally), so we don't have to try to cling to and hold on to things that won't last.

"For where your treasure is, there will your heart be also" points us to the roots of anxiety and depression.



What is  
in our  
hearts

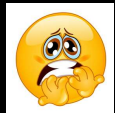


# WHERE YOUR TREASURE IS, THERE WILL YOUR HEART BE ALSO

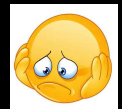
- Anxiety and Depression are emotions
- Emotions are our first response to the world around us
- Emotions say more about us than about our circumstances
  - They reveal what is going on in our hearts



- When everything I love is good – I am happy



- When something I love is at risk – I am anxious



- When something I love is lost – I am depressed

Set your affection on things above, not on things on the earth.

- Colossians 3:2

Keep your heart with all vigilance, for from it flow the springs of life.

- Proverbs 4:23

... sin is crouching at the door. Its desire is contrary to you, but you must rule over it.

- Genesis 4:7

# GUARD YOUR HEARTS

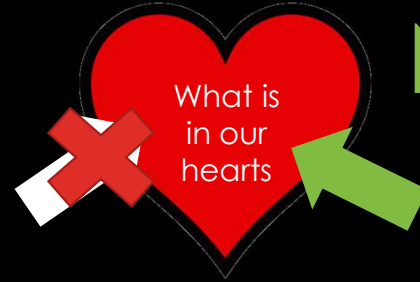
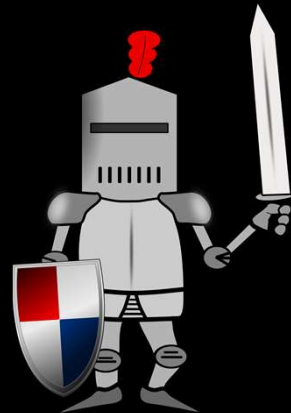
Results

Actions

Thoughts

Inputs

Pride-Greed-Lies



**New Results**

**New Actions**

**New Thoughts**

**New Inputs**

**Truth-Faith-Focus on God**



# ANXIETY VS. PEACE COMPARISON

## Pride and Control

1. I cannot lose "this treasure"
2. I need to control the situation
3. I must do it by myself and make sure others are doing their part
4. I can't control everything/one
5. I don't know a lot of things
6. I fear how I will look to others

I am anxious

## Humility and Faith

1. I trust I will never lose God's love
2. I trust God to do what is good
3. I trust God will provide grace for me and others to do what is needed
4. I trust God is in control of all things
5. I trust God has planned all things
6. I trust who I am in Christ

I am at peace



# DEPRESSION VS. FAITH COMPARISON

## Lies of Depression

1. I lost what I value most (at least more than I should)
2. I have no reason to be happy
3. I am a failure
4. I was abandoned: no one was there for me – not even God
5. I am alone
6. I have no purpose in life

## Faith in Truth

1. I am still loved by God and know He is more valuable than anything
2. I have eternal joy by God's grace
3. I have victory in Christ
4. I know God is with me through everything (and often others are too)
5. I am never alone
6. I am alive to know and glorify God



# GAME PLAN VS. ANXIETY

## 1. Name the Pressures

- What are the things that you are worried about?
  - *This act alone can help and can also point to the “usual suspects”*

## 2. Identify how you express anxiety

- How does it manifest in your life – panic, unrest, headache, obsessing, escape?
  - *This can help to be a warning light to check your heart*

## 3. Ask yourself, *Why am I anxious?*

- What is preoccupying your heart and mind so that faith is shrinking?
  - *This can help to recalibrate your thinking to get your focus back on track*



# GAME PLAN VS. ANXIETY

## 4. Which promise of Jesus speaks to you most?

- They are all worth knowing, but sometimes it can be too many for the moment.
  - *Having one promise can be a starting point and even one is enough to help*

## 5. Go to your Father

- God knows your cares and he cares too – and delights in helping you
  - *Taking your worries to God along with a promise helps to strengthen you*

## 6. Give yourself to obedience

- Take a constructive step toward helping others.
  - *This can help to take the focus off yourself and help you to trust God even more*



# GAME PLAN VS. DEPRESSION

## 1. **Believe and act on what God's Word says rather than on what you feel**

- **Trust** God's word when your feelings and the Bible debate (Feeling lie - God's Word IS truth)
  - Develop and write out a purpose statement (defense statement to the lies of depression)
  - Use your "defense statement" to renew your mind and counter your feelings
- **Listen**
  - To God as He speaks in His Word
    - Personal reading, sermons, music, bible studies, discussions with Christians, etc.
  - To others as they speak counsel to you
- **Think**
  - Use scripture to break the automatic cycle of downward thinking
  - About your purpose in life and go back to it and others when doubting it



# GAME PLAN VS. DEPRESSION

## 2. Identify what your depression is saying about you

- Emotions are from God
- Emotions tell us something about ourselves
  - Emotions are YOUR response to YOUR interpretation of circumstances
- Emotions can test our faith (Deuteronomy 8:2)
  - Sometimes depression reveals a heart that trusts wholly in the Lord

Perhaps your depression is saying ...

- |                              |                                 |
|------------------------------|---------------------------------|
| • I am afraid                | • I am angry                    |
| • I am guilty or I am shamed | • I must avoid something        |
| • I lost something           | • I am feeling sorry for myself |
| • I need something           | • I have no hope                |

... or something else?

If you can't figure out what your depression is saying, that's okay; keep asking and acting on God's Word.





# GAME PLAN VS. DEPRESSION

## 3. Follow the path that leads to God

- Trust in Christ – not in your interpretation of life through feelings
- Confess your sins to your heavenly father
  - It may seem negative at first, but it actually shows God at work in your life
  - It should be a routine part of every believer's life
  - It actually enhances our relationship with God
- Take practical steps of love and obedience
  - Read a biblical story every day, write a list of applications, and do them
  - Reach out to others and tell them how they've blessed you
  - Spend time listening to God's Word taught, songs of Christ, etc.
  - Think about possible benefits to suffering and how it can help you
  - Ask a few people to pray for you and to speak the truth to you



# GAME PLAN VS. DEPRESSION

## 4. **Don't give up**

Depression is not an easy opponent and the way out can be a journey ...

- BUT God has promised to:
  - Continue with you
  - Conform you to be like Jesus
  - Comfort you and use you to comfort others

The God of all comfort cares for you, is with you, and can work in your life.



# GAME PLAN FOR HELPING OTHERS

- [Psalm 103:13-14](#) As a father shows compassion to his children, so the LORD shows compassion to those who fear him. For he knows our frame; he remembers that we are dust.
- [2 Corinthians 1:3-4](#) - Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.
- [1 Corinthians 10:13](#) No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.
- [Galatians 6:1-2](#) Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.
- [1 Thessalonians 5:14](#) - And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all.



# GAME PLAN FOR HELPING OTHERS

## 1. Humility

- Leads to prayer and self examination
- Leads to seeking others with compassion

## 2. Honesty

- About yourself and your struggles with sin and suffering, and your growth in faith
- About the person and their circumstances, actions – good and bad
- About what God's Word says

## 3. Helpfulness

- Not just truth, but honesty tempered and administered with love
- Not just “you need to ...”, but “I will help you”

## 4. Hopefulness

- Change is possible by God's grace
- Change will address the real problem



# SUMMARY


## Dealing with Anxiety and Depression

- **For Yourself**

- Recognize it – this begins the journey
- Accept it – it's okay and you're not alone
- Turn to Christ – He cares and helps

- **For Others**

- Understand your own struggles
  - Be sensitive to others
  - Reach out humbly
- Continue alongside with patience
- Point people to Christ



But thanks be to God, who  
gives us the victory through  
our Lord Jesus Christ.

- 1 Corinthians 15:57