

# You Asked For It

## Part 3 – Anxiety & Depression Pt. 2

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September 15, 2024

Proverbs 12:25 (NKJV) <sup>25</sup>Anxiety in the heart of man causes depression, but a good word makes it glad.

1 Kings 19:3-4 (NIV) <sup>3</sup>Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup>while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

### 1. Experience God's \_\_\_\_\_.

1 Kings 19:11-12 (NIV) <sup>11</sup>The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. <sup>12</sup>After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

Psalms 46:10 (NIV) <sup>10</sup>He says, "Be still, and know that I am God."

Isaiah 40:29-31 (NKJV) <sup>29</sup>He gives power to the weak, And to *those who have* no might He increases strength. <sup>30</sup>Even the youths shall faint and be weary, And the young men shall utterly fall, <sup>31</sup>But those who wait on the LORD Shall renew *their* strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

Acts 3:20 (NLT) times of refreshment will come from the presence of the Lord

Psalms 16:11 (NIV) <sup>11</sup>You make known to me the path of life; you will fill me with joy in your presence...

Give God 15 \_\_\_\_\_.

5 minutes of \_\_\_\_\_.

5 minutes of \_\_\_\_\_.

5 minutes of \_\_\_\_\_.

1 Kings 19:13-16 (NIV) <sup>13</sup>When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?" <sup>14</sup>He replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too." <sup>15</sup>The LORD said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. <sup>16</sup>Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet..."

### 2. Receive fresh \_\_\_\_\_ from God.

Proverbs 29:18 (KJV) Where there is no vision, the people perish.

2 Corinthians 4:16-18 (NIV) <sup>16</sup>Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. <sup>17</sup>For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. <sup>18</sup>So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

### 3. Believe \_\_\_\_\_ not \_\_\_\_\_.

1 Kings 19: 18-19 (NIV) <sup>18</sup>Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him." <sup>19</sup>So Elijah went from there...

Lamentations 3:17-24 (NIV) <sup>17</sup>I have been deprived of peace; I have forgotten what prosperity is. <sup>18</sup>So I say, "My splendor is gone and all that I had hoped from the LORD." <sup>19</sup>I remember my affliction and my wandering, the bitterness and the gall. <sup>20</sup>I well remember them, and my soul is downcast within me. <sup>21</sup>Yet I still dare to hope when I remember this: <sup>22</sup>The faithful love of the LORD never ends! His mercies never cease. <sup>23</sup>Great is his faithfulness; his mercies begin afresh each morning. <sup>24</sup>I say to myself, "The LORD is my inheritance; therefore, I will hope in him!"

Proverbs 15:23 (NKJV) <sup>23</sup>A man has joy by the answer of his mouth, And a word *spoken* in due season, how good *it is!*

Hebrews 10:23 (NKJV) <sup>23</sup>Let us hold fast the confession of *our* hope without wavering, for He who promised *is* faithful.

Isaiah 53:3, 4 (NKJV) <sup>3</sup>He is despised and rejected by men, A Man of sorrows and acquainted with grief... <sup>4</sup>Surely He has borne our griefs and carried our sorrows.

#### MY CONFESSIONS:

GOD WANTS ME TO GIVE HIM MY  
ANXIETY  
1 PETER 5:7 (NIV)

THERE WILL BE PEACE IN MY LIFE  
PHILIPPIANS 4:6-9

GOD IS WITH ME  
JOSHUA 1:9 (NIV)

THERE WILL BE VICTORY.  
DEUTERONOMY 20:3-4 (NIV)

GOD IS FIGHTING FOR ME.  
ISAIAH 35:4 (BSB)

GOD IS THE LIFTER OF MY HEAD  
PSALM 3:3 (NIV)

ANXIETY DOESN'T GET TO WIN.  
ISAIAH 54:17 (NLT)

GOD CLOTHES ME WITH JOY  
ISAIAH 61:3 (NIV)