

You Asked For It

Part 2 – Anxiety & Depression Pt.1

September 8, 2024

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

4 Root Causes

1. _____
2. _____
3. _____
4. _____

Galatians 5:1 (NIV) It is for freedom that Christ has set us free.

1 King 19:1-4 (NIV) Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ²So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.” ³Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴while 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. _____

Ecclesiastes 4:12 (NLT) ¹²A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

Surround yourself with the _____ .

2 Corinthians 1:8 (NIV) ⁸We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.⁹ Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. ¹⁰He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, ¹¹as you help us by your prayers.

Small groups are not a luxury, they are a necessity.

2. _____

Get healthy _____.

1 Kings 19:5-8 (NIV) ⁵Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “Get up and eat.” ⁶He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. ⁷The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” ⁸So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

Psalms 127:2 (NLT) ²It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.

3. _____

Be _____ with God.

1 Kings 19:9-10 (NIV) ⁹There he went into a cave and spent the night. And the word of the LORD came to him: “What are you doing here, Elijah?” ¹⁰He 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.”

Matthew 11:28, 29 (NIV) ²⁸“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Psalms 42:9-11 (MSG) Sometimes I ask God, my rock-solid God, “Why did you let me down? Why am I walking around in tears, harassed by enemies?” They’re out for the kill, these tormentors with their obscenities, taunting day after day, “Where is this God of yours?” ¹¹Why are you down in the dumps, dear soul? Why are you crying the blues? Fix my eyes on God—soon I’ll be praising again. He puts a smile on my face. He’s my God.

Hebrews 4:15-16 (MSG) We don’t have a priest who is out of touch with our reality. He’s been through weakness and testing, experienced it all—all but the sin. So let’s walk right up to him and get what he is so ready to give. Take the mercy, accept the help.