



Rock Church
Pastor Travis Gibson

Anxiety + Depression
June 25, 2023

This 11-week series explores requested topics around anxiety and depression, forgiveness, the supernatural, and the role of the Holy Spirit. In Part 5, Pastor Travis relays five things that we do that can lead to anxiety and depression.

In your group, read Philippians 4:4-7 and 1 Kings 19:1-5, review the statements and questions below, then respond accordingly, knowing that Anxious and Depressed are not your label, your name, or your identity... they're a SIGNAL that something is off.

1. **We RUN ourselves into the ground** (1 Kings 19:3, Ecclesiastes 4:6). We have too many long days working, drinking, spending money we don't have, going nights without sleep, and too many days hustling trying to achieve success. Briefly disclose one or two things you should stop doing that will help to lighten your load.
2. **We ISOLATE ourselves from community** (1 Kings 19:3-4). Sometimes we're too busy to spend time with others and have some good conversations. It's when we're away from people, that our mind can take us places where we feel we have to deal with the battles of life alone. Think about someone God has put on your heart with whom to (re)connect and begin to pray for them and how to reach out.
3. **We FOCUS on the negative** (1 Kings 19:4, Philippians 4:8). We tend to complain about a lot of things that we're not willing to change. We struggle with the inability to process pain and tension in our lives, instead of focusing on the benefits. We make our label our identity. Decide that you will start reframing your words, speaking life and encouragement. Share your favorite scripture with the group.
4. **We COMPARE ourselves to others** (1 Kings 19:4). Comparison is the thief of joy, killing contentment, and our chance of having peace. No one takes our joy, we just willingly surrender it. Remember: "God plus nothing is all that I need, and God plus all that I have is more than enough." What is that one 'thing' that causes you to compare your life with others – is it a House? Job? Relationship? Children? Education? Something else?
5. **We FORGET about God** (Philippians 4:4-7). People nowadays are confused about their purpose, identity, sexuality, etc. We tend to face what is *in front* of us, while forgetting who is right there *with* us. Briefly share one instance where you tried to handle something on your own, and how that worked out for you (whether good or bad).

ELIJAH / EL – I – JAH / The Lord – My – God

This Month's Memory Verse – Isaiah 61:3

... to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.

This Week's Bible Readings & Book Overview Videos

Isaiah 12-34: <https://bibleproject.com/explore/video/isaiah-1-39/>

Proverbs 18: <https://bibleproject.com/explore/video/proverbs/>

