



Rock Church
Pastor Travis Gibson

Anxiety + Depression: Step Out of the Pit
July 2, 2023

This 11-week series explores requested topics around anxiety and depression, forgiveness, the supernatural, and the role of the Holy Spirit. In Part 6, Pastor Travis presents five decisions to take to help step out of anxiety and depression.

In your group, read Philippians 4:4-7, review the statements and questions below, then respond accordingly, knowing that the MISTAKES you made yesterday may have put you in the pit, but the DECISIONS you make today can help you climb out!

1. **Step into a physical RECOVERY** (1 Kings 19:5-8, Proverbs 17:22). Don't neglect YOU! Take care of yourself daily. Briefly share one or two things that "fill your cup," that bring you joy.
2. **Step into God's PRESENCE** (1 Kings 19:9-11, Psalm 73:16-17). The world is loud. Slow down and listen to God's voice, thanking Him for specific blessings in your life. Where is your quiet place?
3. **Step into your true IDENTITY** (1 Kings 19:13-14). People say negative things about us that could cause confusion. But You are a child of God. You are loved, chosen, and set apart, but do you struggle with processing what other people say (whether it's positive or negative) about you?
4. **Step into your God given PURPOSE** (1 Kings 19:15-16, Psalm 57:2). God has given you specific gifts and talents, yet sometimes we get so caught up and distracted with other things. Get back to your purpose, help people, fill a need. What is one way you feel God has allowed you to make a difference in the lives of others?
5. **Step into a new COMMUNITY** (1 Kings 19:19). Some people like to isolate themselves from others, going it alone because they don't want to be a bother or they feel unworthy. This week, pray about finding a ministry or work event to attend, where you can begin to find community and support.

This Month's Memory Verse – Philippians 4:6-7

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

This Week's Bible Readings & Book Overview Videos

Isaiah 35-58: <https://bibleproject.com/explore/video/isaiah-1-39/>

<https://bibleproject.com/explore/video/isaiah-40-66/>

Psalms 78-83: <https://bibleproject.com/explore/video/psalms/>

