



Rock Church
Pastor Travis Gibson

[Anxiety + Depression: Interview with Madi Stonier](#)
July 9, 2023

This 11-week series explores requested topics around anxiety and depression, forgiveness, the supernatural, and the role of the Holy Spirit. In Part 7, Pastor Travis interviews licensed therapist, Madi Stonier, to address some frequently asked questions about anxiety and depression.

In your group, review the statements and questions below, then respond accordingly:

1. **What exactly is anxiety and depression? Where does it come from?** (John 16:33).

Anxiety is a mood disorder and can manifest in various ways. It can stem from three distinct areas: family history, unresolved pain from where you've been violated in love and safety, and demonic influences, or a mixture of all three.

Discussion: Share with the group if you've ever had to deal with insomnia, extreme irritability, or wanting to isolate yourself from others.

2. **Why do I feel far from God when I'm struggling? Is my depression/anxiety sin?**

(Romans 12:2). Your beliefs impact how you feel and how you act. If you think subconsciously that God doesn't love you, then you may begin to believe that's true and start to have a perception that God is far from you. You then might use defense mechanisms when you begin to feel too much pain which can block your emotions. There are two parts of the brain you use: "thinking brain" which causes you to analyze and logically reason, and your "heart brain" which stores memories and emotions. By utilizing your thinking and heart brain, you can *know* God is close AND you can *feel* His Presence.

Discussion: When going through a tough time, do you tend to analyze more or feel more?

3. **How come God didn't heal me when I got saved?** (James 5:16). People think they can just come to church then all of their issues cease. But salvation is the starting point and healing is a relational process. Life and relationships are complicated. We get wounded and violated by relationships, but God intends for us to be healed in relationships. We want the healing that God offers and God wants to walk with us in the valley and reveal Himself as comforter Father in the pain.

Discussion: Have you ever blamed God or someone else when feeling low?

4. **Is it OK for Christians to take prescription medicine for anxiety and depression?** (1 Timothy 5:23). Any decision should involve the Holy Spirit as you discover the origin of your struggles. But you can bring loved ones and professionals into the conversation, based on your own circumstances, as to why you are feeling a specific way.

Discussion: Have you ever considered attending our [Healing Ministry](#) for additional support – why or why not?

5. **Can God still use me if I struggle with anxiety and depression?** (John 15:5). Being *used* by God shouldn't be your goal, but being *with* God should be the goal, to be one with Him. He is the vine and we are the branches. We *do* as a result of *being*.

Discussion: This week, practice trying to stop worrying about all the intricacies of your life that you cannot control and begin to focus on ways to release your pain and how you could help others going through a similar struggle.

6. **How do I move from managing my pain... to healing my pain?**

Discussion: Share one or two things that you do (or need to do) that bring you joy and make your heart happy.

7. **There are 3 blocks that tend to be in the way of people's processing:**

- a. Fear: There is no hope for my pain
- b. Fooled: Believing I'm fine and don't need help
- c. Friend: I've made friends with my pain and accepted it

Discussion: Quickly share with the group if you've experienced any or all of these blocks and how you've overcome them

Click Below to Learn More on Mental Health Care

→→→ <https://www.redefiningmentalhealth.com/>

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 59-66: <https://bibleproject.com/explore/video/isaiah-40-66/>

Proverbs 19: <https://bibleproject.com/explore/video/proverbs/>

Jeremiah 1-15: <https://bibleproject.com/explore/video/jeremiah/>

