

WE NEED TO TALK: ANXIETY + DEPRESSION

MEMORY VERSE:

...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 (Isaiah 61:3).

Anxious and Depressed are not my label, my name, or my identity... they're a _____ that something is off.

1. We _____ ourselves into the ground.

1 Kings 19:3; Ecclesiastes 4:6

2. We _____ ourselves from others.

1 Kings 19:3-4

3. We _____ on the negative.

1 Kings 19:4; Philippians 4:8

4. We _____ ourselves to others.

1 Kings 19:4

5 We _____ about God.

Philippians 4:4-7

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

Asking Jesus into your life is as easy as A-B-C

Father, I **A**dmit that I am a sinner and that my sin has brought death and destruction into my life, my relationships with people, and my relationship with God. Romans 3:23, 6:23

I **B**elieve that Jesus died for my sins and that His death paid the penalty for my sins. Romans 5:8

I **C**onfess or agree that Jesus is Lord, that He died and rose from the dead, and is able to forgive me of my sins. Romans 10:9-10

Jesus, I trust that You love me and can hear my prayer. By faith, I ask You to please forgive me and fill me with the Holy Spirit. I surrender my life to You. I pray this in Jesus' name. Amen.

IF YOU UNDERSTOOD THAT PRAYER AND PRAYED TO ACCEPT JESUS' INVITATION INTO A RELATIONSHIP, TEXT "SAVED" TO 52525.