

## WE NEED TO TALK: ANXIETY + DEPRESSION PT. 3

### MEMORY VERSE:

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 (Phil 4:6-7).

1. What exactly is anxiety and depression? Where does it come from?

John 16:33 -

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

Romans 12:2

3. How come God didn't heal me when I got saved?

James 5:16

4. Is it ok for Christians to take prescription medicine for anxiety and depression?

1 Timothy 5:23

5. Can God still use me if I struggle with anxiety and depression?

John 15:5

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

### 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.**