

Depression and Anxiety

Can you recall a time in your life when you battled depression and/or anxiety? Write down some of the feelings you remember from that time.

Do you agree with the statement that depression and anxiety are a natural response to a fallen world? Explain why.

Do your emotions ever control you? How does knowing that they are meant as information and not counsel help put emotions in perspective?

Do you find it easy to talk to God when you feel anxious or depressed? Why?

List a few friends you can talk to about depression and anxiety. If you need their contact information, I encourage you to reach out and get it before you need it. Write it here:

List some things you are thankful to God for. When you begin to feel anxious or depressed, review these things, and pray to God, thanking Him for them.

Does knowing that God has a purpose for your suffering ease your mind? Does it make it easier to share your troubles with Him?

Do you struggle with doubts? Have you ever prayed to God and read the Bible when you do? Will you commit to doing this going forward?

How does knowing that God bought you with the price of laying your sin on His Son make you feel?

Does knowing that God cares enough about you to sacrifice His only Son for you ease your anxiety and depression? Why?
