

*Jesus Is the Answer...*  
to Anxiety and Depression



# *About Me*





# *My Story*

How can a Christian struggle with anxiety and depression? Shouldn't Christians be happy all the time?



# *What are some symptoms I experienced?*

- Anxiety:
  - Constant feeling of terror
  - Out-of-control thoughts
  - Panic episodes
- Depression:
  - Unrelenting, deep sadness
  - Everything *literally* seemed darker
  - Lonely and hopeless thoughts



## *How are anxiety and depression similar?*

- One often causes the other.
- They should be treated by their symptoms, not their labels.
- You can alleviate your symptoms.
- Human weakness does not cause anxiety and depression, but sin does:
  - “For the wages of sin is death...” (Romans 6:23).
  - “For when I kept silent, my bones wasted away through my groaning all day long” (Psalm 32:3).

## *Let's take a closer look at Romans 6:23*

- “For the wages of sin is death...”
- Sin took God’s perfect world and threw everything into chaos, decay, and death.
- Our bodies are subject to the same consequences of sin.
- “But the free gift of God is eternal life in Christ Jesus our Lord.”

*Any questions so far?*



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# *Jesus answers anxiety and depression*

- Here's what we already know:
  - Sin brings death, but Jesus brings life.
  - Living in unrepentant sin will cause a physical reaction in our bodies.
  - God will forgive us, through Jesus, every time we confess sin to Him with true repentance. We sin in our anxiety and depression when we let those feelings rule us. We can rely on the Holy Spirit to change our hearts and help us obey God's commands. Someday Jesus will make the world new, including our broken bodies.

## *How else does Jesus answer anxiety and depression?*

- He provides us with truth in Scripture that we can cling to when everything else falls apart.
- He sets an example for us of following God's will despite suffering.
- He freely gives us Himself as our hope, support, strength, and life.
- We glorify God when we rely on Jesus in our suffering.

## *Encouraging Bible Verses*

- “The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all.” Psalm 34:18-19
- “A bruised reed he will not break, and a faintly burning wick he will not quench; he will faithfully bring forth justice.” Isaiah 42:3
- “For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” Romans 8:38-39



## *Practical Ideas that Helped Me*

- Healthy sleep, rest, eating, exercise habits.
- Take deep breaths (five second rule).
- Practice mindfulness and observation.
- Find or rediscover something that makes you feel relaxed.

## *More Practical Ideas*

- Get involved in a local church (community).
- Write important biblical truths on note cards.
- Actively fight the temptation to compare yourself to others (consider getting rid of social media).
- Pray and read your Bible every day. Start small, take notes, and memorize!

# *Resources*

- Refresh by David and Shona Murray, or Reset by David Murray
- Christians Get Depressed Too by David Murray
- The Anxiety and Phobia Workbook, Edmund P. Bourne (use with a biblical framework)
- “12 Life Giving Bible Verses to Conquer Depression and Hopelessness,” The Blazing Center (.com)
- My website, Teacher by Nature (.com)



*Any questions?*



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# *Jesus Prays for You, Dear Christian!*

“Father, I desire that they also, whom you have given to me, may be with me where I am, to see my glory that you have given me because you loved me before the foundation of the world.”

John 17:24