



I'm struggling with ...  
...anxiety and depression.

Ben Turcotte  
Sept 17, 2023



## Carlton - Philippians 4

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.



## Ron - Romans 12

12 Be joyful in hope, patient in affliction,  
faithful in prayer... 15 Rejoice with those  
who rejoice; mourn with those who  
mourn... 21 Do not be overcome by evil,  
but overcome evil with good.



## Walt - Philippians

11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.



## Jeff - Rest

- Sabbath
- Stress
- Stewardship

# Feedback Loop

STRESS

ANXIETY





## Three Parts

- ❑ Clinical and neurological
- ❑ Situational and circumstantial
- ❑ Grief

Depression and anxiety  
share a common root:

living in a PAST or FUTURE  
moment.







## Live in the present! - Pray

Phil 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

James 1:5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.



## Live in the present! - Matthew 6

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life[e]?”



## Live in the present! - Matthew 6

28 And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?



## Live in the present! - Matthew 6

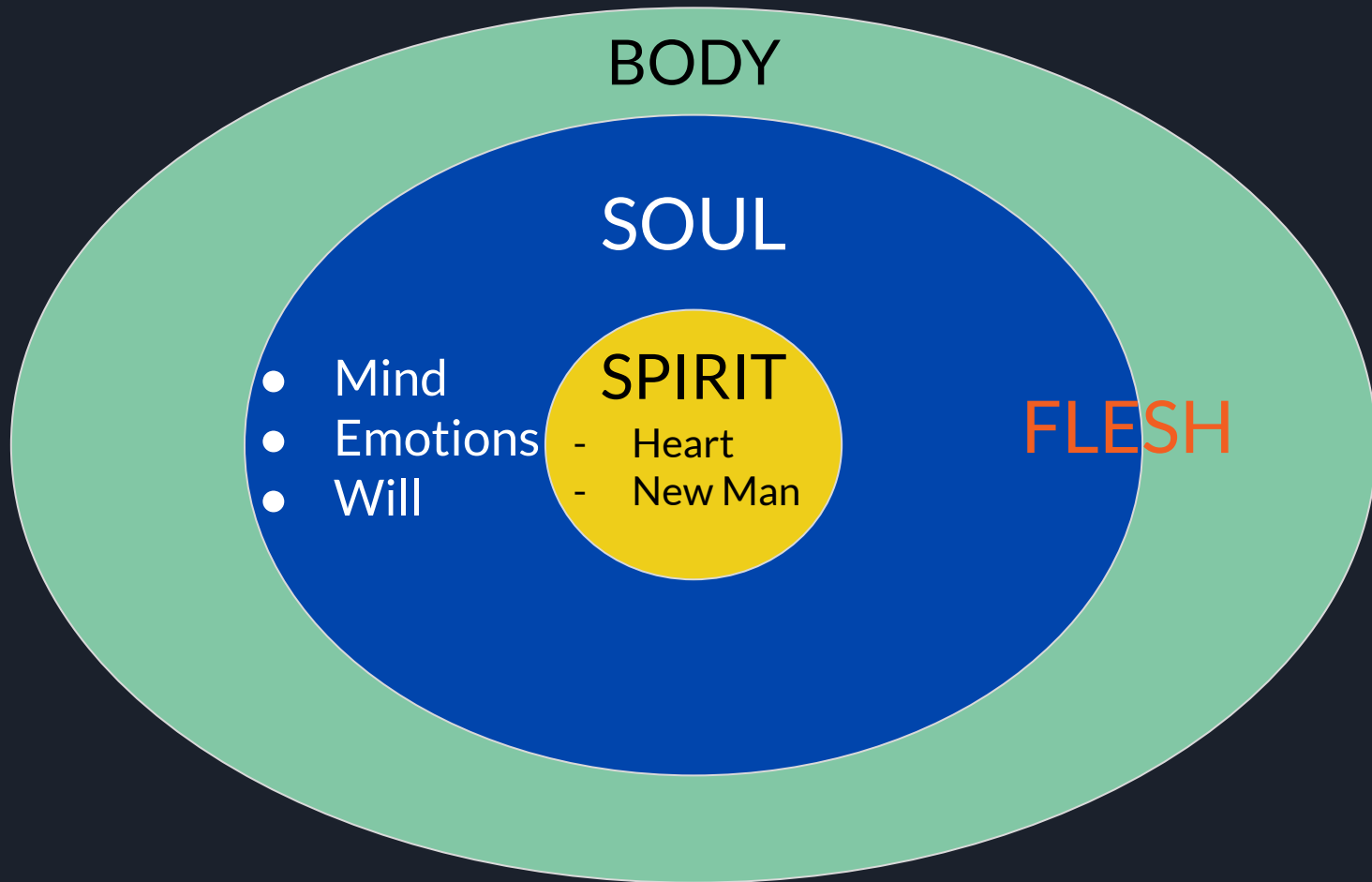
31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

LIE: Anxiety and  
depression are  
exclusively sin issues.



LIE: My internal  
monologue tells me I  
am \_\_\_\_.





LIE: It's a "me" issue  
and I can fix it myself if  
I work hard enough.





Truth: you really are  
better off than you  
think you are!

