

# ON EDGE | FREEDOM FROM ANXIETY

NOVEMBER 18, 2018 & JANUARY 20, 2019

## SERMON STUDY

*Dive deeper into this week's message and passage from the Bible. Here are some questions to help you guide your group discussion.*

All of us experience anxiety and depression to some degree. God has some very specific and helpful things to say to us about these issues.

Read Lamentations 3:2-5, Lamentations 3:17-18, and 2 Corinthians 1:8-9. Within society and the church, there is often a stigma applied to people experiencing mental illness in any form.

- Why do you believe mental illness is stigmatized more than physical illness, even in the church?
- How does knowing about the times of depression Jeremiah, Paul, and Elijah went through challenge your thoughts and feelings about Christians who experience mental illness (or your own experience with it)? Does this encourage you? Explain.

Read Lamentations 3:21-24 and Philippians 4:8. The problem with believing negative self-talk or ruminating on negative things is this: Your mind and emotions can't always be trusted and often change.

- If you knew your negative thought patterns were likely to change to more hopeful ones in the future, how would that change the way you feel about your current struggle with anxiety, depression, and any thoughts of suicide?
- How does knowing your mind and emotions can't always be trusted impact the way you feel about your situation right now? During stretches of anxiety and depression, in what ways can you focus your thoughts on the things listed in Philippians 4:8?

Read 1 Kings 19:3-7, Proverbs 12:25, and 1 Peter 5:7. It is important to take care of our physical bodies and receive support from others. There is no quick fix in the process to improve mental health. We need to have patience with ourselves through the process, while learning to transfer our anxieties over to God.

- In the struggle with anxiety and depression, what are some ways you can care for your physical health (sleep, exercise, eating habits, medication, etc.) to positively impact your mental health?
- How can you reach out to trusted others (friends, your group, mentors, counselors, therapists, psychologists, etc.) to increase your emotional support network?
- How can you give yourself more grace and patience as you walk through anxiety and depression?
- What is a way you can transfer some of the weight of your cares over to God?

**Remember: Anxiety and depression are a tunnel, not a pit. God will walk us through it and even out of it, but it does take time to heal. Never put a period where God puts a comma.**

## REFLECT

What is God saying to you through his word? What are you going to do about it, and when?

## DAILY BIBLE READING

Here's an overview of what we're being challenged with this week in Daily Bible Reading:

Day One: Lamentations 3:2-5, 17-18 & 2 Corinthians 1:8-9 | Lost and overwhelmed.

Day Two: Lamentations 3:21-24 & Philippians 4:8 | Will this end?

Day Three: 1 Kings 19:3-7 | Get up and eat.

Day Four: Proverbs 12:25 | Addressing isolation.

Day Five: 1 Peter 5:7 | Making a transfer.

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