



# The Issues of Life

Proverbs 4:23

Teacher: Luke Johnston  
Wed PM (11/30/22)

The issues of depression and anxiety are becoming more and more prevalent today than they have ever been. With the increase in the world of materialism, pride, selfishness, bad news, tragedy, mistrust, etc... it can easily become overwhelming even for Christians. The good news is that the word of God speaks expressly on this \_\_\_\_\_ of life. God has given us very clear signs in his word as to how depression can happen, how to avoid it, and how to deal with it when it inevitably comes to us. Today we will examine exactly what God has to say on this issue and how to handle it.

## I. What is Depression/Anxiety?

### A. Depression/Anxiety according to Websters 1828

1. The act of pressing down; or the state of being pressed down; a low state.
2. The act of humbling; abasement; as the depression of pride; the depression of the nobility.
3. A sinking of the spirits; dejection; a state of sadness; want of courage or animation; as depression of the mind.
4. In medical language, uneasiness; unceasing restlessness in sickness.

### B. Depression/Anxiety according to the Bible

1. Proverbs 12:25- Heaviness in the heart of man maketh it **stoop**: but a good word maketh it glad.
2. Psalm 38:6- I am troubled; I am **bowed down** greatly; I go **mourning** all the day long.
3. Psalm 42:11- Why art thou **cast down**, O my soul? and why art thou **disquieted** within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

## II. What can cause Depression/Anxiety according to the \_\_\_\_\_?

A. **Sin/Pride**- Psalm 38:1-10; Luke 14:11; Isa. 14:12-20

B. **Investing wholly in wordly, temporary, vain things**- Ecc. 1:16-18; Matt. 16:26

C. **Hard times/circumstances**- 1 Sam. 1:7,10; Job 3:11; 1 Kings 19:4

## III. How do we deal with Depression/Anxiety according to the Bible?

### A. **Cast all our cares to our Lord in prayer**

Phil 4:6-7 ; 1 Pet. 5:7; Psalm 55:22; 1 Sam. 1:11; 1 Kings 19:5-8,12,18; **Matt. 26:38-39**

### B. **Fasting**

1 Sam. 1:8; 2 Sam. 12:15-16; Matt. 17:21

### C. **Faithfully search the scriptures and obey what God is telling you to do**

Prov. 16:3; Matt. 11:28-30

#### IV. Should I take \_\_\_\_\_ for my Depression/Anxiety?

- A. We have looked at exactly what the Bible says about these issues and dealing with these issues. The short answer is, yes, you can; but you may not necessarily have to
- B. There is no substitute for the Bible's prescription for these issues. The steps we looked at are irreplaceable. They can however have medication mixed with them. Whatever decision we make needs to be **BY FAITH**.
- C. Col. 2:6; Hebrews 11:6; Romans 10:17; Romans 14:23; Prov. 3:5-7
- D. The only way to answer this question will be through the steps mentioned above of spending time in prayer and the word of God. This will direct your decision and show you exactly what you ought to do **BY FAITH!** If God is showing you that you ought to take medication, then you better do exactly that **BY FAITH!** It's by faith because you acknowledged him and now trust he is directing your paths.
- E. It is key to remember and BELIEVE BY FAITH what the Bible tells us in Mark 10:27- ***And Jesus looking upon them saith, With men it is impossible, but not with God: for with God all things are possible.***

As we have seen today, this issue of depression/anxiety is clearly spoken about in the word of God. Many people in the Bible dealt with it to varying degrees, just as many of us do. All of us in some way and at some time will deal with it, and when we do, we must turn to what God tells us to do to handle it. The only 100% sure way to handle it is with God. There is no \_\_\_\_\_ for exercising faith through prayer and the reading of the word of God when we are faced with this issue of life.