



Finding Peace over Anxiety and Depression

Text: Philippians 4:6-7

OPEN

This week we are taking a short break on our Acts series to have an important conversation about Anxiety and Depression. Adam Crichton who volunteers for the ministry **COPING Bereavement Support Groups** will be sharing about finding peace through Jesus over anxiety and depression. This topic is not only widely experienced in our culture today in various degrees but is also described in scripture. Not only does scripture acknowledge anxiety but provide a way for us to bring it to the Lord and find help and healing in various ways. Jesus also places us in community, the Church, where we can share our burdens, pray for one another and find peace.

READ

Read Philippians 4:6-7; Matthew 11:28; 1 Peter 5:7; Psalm 55:22; Psalm 34:18

- What do these passages say about anxiety, worry, and depression and how God meets us through these struggles?
 - Which of these passages encourages you the most?
 - Which passage challenges you the most?

Anxiety can be situational (caused by external events) or generalized (constant state of anxiousness not caused by specific events).

- Take another look at Philippians 4:6-7. We are instructed to turn from anxious thoughts to prayer. Easier said than done, but God invites us to find his peace through prayer over our anxious thoughts.
 - When you have experienced anxiety how have you responded?
 - How did anxiousness or worry affect your prayer life?
 - Have you ever been encouraged by the prayers of others when you felt anxious? Share about that.

REFLECT

- Why is understanding our identity in Christ essential to combat the negative and internal lies of the enemy?
- Read the list below of who God says you are in him. Which of these truths do you need to meditate on more in your life?

[Romans 15:7](#) | You are accepted

[John 15:16](#) | You are chosen

[Galatians 4:7](#) | You are free

[1 John 1:9](#) | You are forgiven

[2 Corinthians 5:17](#) | You are a new person

[John 1:12](#) | You are a child of God

[Genesis 1:27](#) | You are made in God's image

[Philippians 3:20](#) | You are a citizen of Heaven

[1 Peter 1:5](#) | You are protected by God

[Romans 8:38-39](#) | God loves you no matter what

[Psalm 139:13-16](#) | You are God's special creation

[Isaiah 43:4](#) | You are precious to God

[Galatians 3:13](#) | You are rescued

[Romans 8:17](#) | You are an heir of God

[Ephesians 2:19](#) | You are part of God's family

[Psalm 139:1](#) | God understands you

[Exodus 19:5](#) | You are treasured by God

[Colossians 2:10](#) | You are complete in Christ

- **Philippians 4:13-14 and Galatians 6:2** calls us to share our troubles and carry each others burdens. When has someone done this for you? How could we do this more for one another as a group?

APPLY/PRAY

- What is one truth of your identity in Christ that you need to believe more? Take turns sharing that and then pause and pray for each person.
- Who is someone God has laid on your heart to pray for and carry their burdens? Commit to praying for them this week and if appropriate reach out through a call, text, or email to let them know you are praying for them.
- Pray for our church as God leads us in this time of transition.

