

ASK:

**BECAUSE YOUR
QUESTIONS MATTER!**

ALL OF OUR LIVES HAVE BEEN IMPACTED BY THE
WORDS OF GOD. WE ARE LEFT WITH QUESTIONS
REGARDING WHOSE THE PRESENT AND THE FUTURE.
FAITH AND FORGIVENESS. PASTORS AND PRESBYTERIAL
RELATIONSHIPS AND OTHERS ARE ALSO HERE.

January 10, 2021

Pastor Eric Holmstrom

HOW SHOULD I DEAL WITH ANXIETY AND DEPRESSION WHEN IT FEELS LIKE GOD IS NOT HEARING ME OR HEALING ME?

PSALM 13:1-6

PROVERBS 12:25

MENTAL ILLNESS DATA:

- AMERICANS WHO EXPERIENCED MENTAL ILLNESS:
20% IN 2019. 40% IN 2020.
- YOUNG PEOPLE EXPERIENCING DEPRESSION AND/OR ANXIETY:
30% IN 2019. 75% IN 2020.
- 70 MILLION AMERICANS EXPERIENCED DEPRESSION AND/OR ANXIETY
IN 2019.
- FROM 2019 TO 2020, ANXIETY SYMPTOMS INCREASED 3 TIMES
AND DEPRESSIVE SYMPTOMS INCREASED 4 TIMES. SUICIDE IS THE 2ND
LEADING CAUSE OF DEATH AMONGST 10-34 YEARS OLDS IN AMERICA.
- 20% OF HIGH SCHOOL STUDENTS WILL HAVE SERIOUS THOUGHTS OF
SUICIDE.

SOURCES: NIMH, NAMI AND CDC

**THE NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)**

FOLLOWING JESUS WILL NOT SHIELD YOU FROM EXPERIENCING MENTAL
ILLNESSES, BUT JESUS WILL GIVE YOU THE HOPE AND HELP YOU NEED TO
MAKE IT THROUGH AND INSPIRE OTHERS.

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REAL PEOPLE IN THE BIBLE WITH REAL MENTAL HEALTH CHALLENGES:

- _____: PSALM 10:1
- _____: 1 KINGS 19:4
- _____: JONAH 4:3, 9
- _____: JEREMIAH 20:18
- _____: LUKE 10:40-42

PROMISES FROM GOD FOR THOSE EXPERIENCING MENTAL HEALTH CHALLENGES:

- GOD _____ ABOUT YOUR ANXIETIES: 1 PETER 5:7
- GOD WILL _____ THIS WALL WITH YOU: PSALM 18:28-29
- GOD WILL _____ YOU UP: PSALM 40:2
- THE HOLY SPIRIT _____ FOR YOU: ROMANS 8:26
- YOU ARE GOD'S _____: EPHESIANS 2:10

IF YOU ARE FEELING DEPRESSED OR ANXIOUS, TRY THIS:

1. JOURNAL AND TALK WITH **JESUS** ABOUT WHAT YOU'RE FEELING.
2. TELL A **TRUSTED PERSON** WHAT YOU'RE FEELING.
3. JOIN OUR CELEBRATE RECOVERY **STRESS, ANXIETY, AND DEPRESSION SUPPORT GROUP** AND SHARE WHAT YOU'RE FEELING.
4. REACH OUT TO A **COUNSELOR** ABOUT WHAT YOU'RE FEELING.
5. VISIT **PURPOSECHURCH.COM/RECOVERY**.

OUR 21 DAY HOPE DEVOTIONAL IS A RESOURCE FOR THOSE EXPERIENCING DEPRESSION AND ANXIETY. YOU CAN DOWNLOAD THAT FOR FREE BY VISITING PURPOSECHURCH.COM/DEVOTIONAL

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