

BIG FEELINGS

How Do I Deal With My Anxiety and Depression?

Proverbs 12:25 (NKJV)

²⁵ **Anxiety** in the heart of man **causes depression**,

Proverbs 12:25 (NKJV)

²⁵ **Anxiety** in the heart of man **causes depression**,
But a **good word** makes it glad.

FOUR ROOT CAUSES:

Biological Relational
Circumstantial Spiritual

Lamentations 3:1-2 (NLT)

¹ I am the one who has seen the afflictions that come from the rod of the Lord's anger. ² He has led me **into darkness, shutting out all light...**

Lamentations 3:5-8 (NLT)

⁵ He has besieged and **surrounded me with anguish and distress**. ⁶ He has buried me in **a dark place**, like those long dead. ⁷ He has **walled me in**, and I cannot escape. He has bound me in **heavy chains**. ⁸ And though I cry and shout, he has shut out my prayers...

Lamentations 3:17-20 (NLT)

¹⁷ Peace has been stripped away, and I have forgotten what prosperity is. ¹⁸ I cry out, "My splendor is gone! **Everything I had hoped for** from the Lord is lost!" ¹⁹ The thought of my suffering and homelessness is bitter beyond words. ²⁰ **I will never forget this awful time, as I grieve over my loss.**

Your emotions are valid.

Your emotions are valid.

Your situation feels hopeless.

Your emotions are valid, but they're not permanent!

Your situation feels hopeless.

**Your emotions are valid, but they're not permanent!
Your situation feels hopeless, but with God there is always hope!**

Naming your emotions opens the door to changing your emotions.

We're not going to make permanent decisions based on temporary emotions.

Lamentations 3:19-23 (NLT)

¹⁹ The thought of my suffering and homelessness is bitter beyond words. ²⁰ I will never forget this awful time, as I grieve over my loss.

*²¹ **Yet I still dare to hope** when I remember this: ²² The faithful **love** of the Lord never ends! His **mercies** never cease. ²³ Great is his faithfulness; **his mercies begin afresh each morning!***