

Message Notes

Reno to Depression and Anxiety

Scripture Passages

(taken from the New International Version)

Introduction: *Let's get extremely practical!*

Sermon Series

Renovation Project: How the Gospel Changes Us

stories@hopecc.com

Week #3: Thoughts and Feelings

Week #4: Decisions and Actions

Week #5 - We're all in this together

THIS WEEK:

Gospel Renovation to Anxiety and Depression

Definitions and Statistics:

Anxiety:

Depression:

A tale of two people:

Elijah

1 Kings 19:1-9a

A young man who just started following Jesus:

How God dealt with this young man

Matthew 6:25-34

Philippians 4:4-9

2 Corinthians 1:3-4

Psalms 42:1-4

Psalms 23:1-4

What worked?

1. Going to war with my depression
2. Getting help - Talking to others about it
3. Putting Hope in God - a refusal to sink
4. Getting the focus OFF of myself - doing other stuff (exercise, work, sports, praying, especially for others, etc)
5. Good Theology
6. Growing in Confidence in Christ
7. Time

How God dealt with Elijah

1 Kings 19:9b-18

Gospel Application - "*Will you seek hope?*

Will you be an agent of Hope?"

1 Kings 19:1-18 (see screen)

Matthew 6:25-34

²⁵"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷Can any one of you by worrying add a single hour to your life? ²⁸And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you - you of little faith? ³¹So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³²For the pagans run after all these things, and your heavenly Father knows that you need them. ³³But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Philippians 4:4-9

⁴Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.

2 Corinthians 1:3-4

³Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

Psalms 42:1-4

¹As the deer pants for streams of water, so my soul pants for you, O God. ²My soul thirsts for God, for the living God. When can I go and meet with God? ³My tears have been my food day and night, while men say to me all day long, "Where is your God?" ⁴These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng.

Psalms 23:1-4

¹The LORD is my shepherd, I shall not be in want. ²He makes me lie down in green pastures, he leads me beside quiet waters, ³he restores my soul. He guides me in paths of righteousness for his name's sake. ⁴Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.





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Gospel Renovation to
Anxiety and Depression

Beginning the Conversation



A hand with a light skin tone is pointing its index finger towards the word "ANXIETY" in a word cloud. The word "ANXIETY" is the largest and is colored yellow. The background is a solid blue color. The word cloud consists of various terms related to anxiety, including "scared", "chest pain", "phobia", "tension", "tense", "panic attacks", "stress", "headache", "worry", "emotional", "desperate", "trembling", "tension", "angst", "jumpy", "sweating", "fear", "feelings", "restlessness", "border", "symptoms", and "ood".

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ood

ANXIETY

Anxiety:

an abnormal and overwhelming sense of apprehension and fear often marked by physiological signs (as sweating, tension, and increased pulse), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it (~ Merriam Webster)

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Anxiety disorders

- generalized anxiety disorder (GAD)
- obsessive-compulsive disorder (OCD),
- panic disorder,
- post-traumatic stress disorder (PTSD), and
- social phobia (or social anxiety disorder).

Depression:

a state of feeling sad; a psychoneurotic or psychotic disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies

(~ Merriam-Webster)

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depression, major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and depression may make you feel as if life isn't worth living. More than just a bout of the blues, depression isn't a weakness, nor is it something that you can simply "snap out" of. Depression may require long-term treatment. But don't get discouraged. Most people with depression feel better with medication, psychological counseling or both. Other treatments also may help.

(~ Mayo Clinic)



DEPRESSION

STATISTICS

Depression is a condition that reportedly affects **1 in 10 Americans** at one point or another, but the incidence of depression is actually higher in some states than others. Certain ethnicities also report higher depression rates than do others.



Over **80%** of the people that have symptoms of clinical depression are not receiving any specific treatment for their depression.

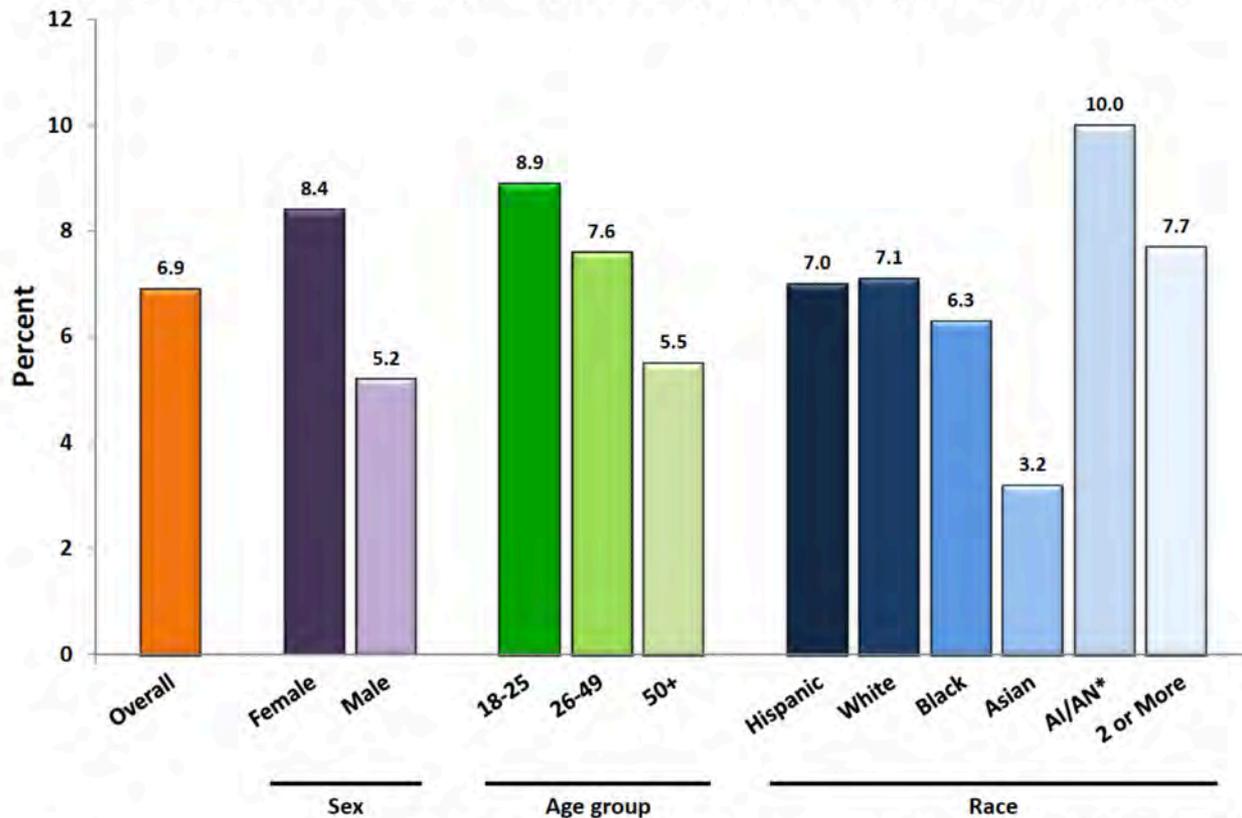
The number of patients diagnosed with depression increases by approximately **20%** per year.

DEPRESSION RATES AROUND THE WORLD

Percentage of populations diagnosed as suffering from depression



12-month Prevalence of Major Depressive Episode among U.S. Adults (2012)



*AI/AN = American Indian/Alaska Native

Data courtesy of SAMHSA



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1 Kings 19:1-9a

¹Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ²So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.”

1 Kings 19:1-9a

³Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." ⁵Then he lay down under the bush and fell asleep.

1 Kings 19:1-9a

All at once an angel touched him and said, “Get up and eat.” ⁶He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

⁷The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” ⁸So he got up and ate and drank.

1 Kings 19:1-9a

Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. ^{9a}There he went into a cave and spent the night.



Matthew 6:25-34

²⁵“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷Can any one of you by worrying add a single hour to your life?

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1 Kings 19:9b-18

^{9b}And the word of the LORD came to him:

“What are you doing here, Elijah?”

¹⁰He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”

1 Kings 19:9b-18

¹¹The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.”

1 Kings 19:9b-18

Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake.

¹²After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

¹³When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

1 Kings 19:9b-18

Then a voice said to him,
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1 Kings 19:9b-18

¹⁵The LORD said to him, “Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. ¹⁶Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet. ¹⁷Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. ¹⁸Yet I reserve seven thousand in Israel – all whose knees have not bowed down to Baal and whose mouths have not kissed him.”

What did God offer Elijah?

What did God offer Elijah?

Hope!

What did God offer Elijah?

Hope!

*“an eager expectation of a
good outcome”*

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Angie's story