

Study QUESTIONS

Ep. 1124: Does My Anxiety or Depression Invalidate My Christianity? (Part I)

<https://christianquestions.com/character/1124-anxiety-depression/>

See:  CQ Rewind
SHOW NOTES

1. What are anxiety and depression? What is the difference between the two? What are the symptoms of “clinical depression”?
2. What were Elijah’s, King David’s, and Paul’s experiences with anxiety and depression? (See 1 Kings 19:3-5, Psalm 143:3-4, 2 Corinthians 1:8)
3. What advice does the Bible give us to help when we are, or someone we know is suffering? (See Hebrews 10:24-25, Philippians 1:12-14, 4:4)
4. What can you do to get help when you are experiencing anxiety and depression? How can you help someone else if you are on the outside looking in? (See Psalms 139:1-6)
5. How can anxiety and depression be both psychological and physiological in nature? What is Jesus’ message for us when we encounter challenges? (See Matthew 6:33-34)
6. What can we do to face the stigma surrounding mental health? Why should we be confident when going to God about our mental health problems? (See Psalms 139:7-12)
7. What can treatments for anxiety and depression look like? Is medication a valid option for Christians? Why or why not?
8. What can we do to strengthen our relationship with God? Why is this so important for a Christian? (See Philippians 4:6, Hebrews 4:12-13, Psalms 139:13-18)
9. How does God help us to overcome our anxiety and depression? What do we need to do to receive His help? (See Philippians 4:4-7, Psalms 139:19-24)
10. Do you or anyone you know suffer from anxiety and depression? What will you do to make sure that the necessary help is received?