

Study QUESTIONS

Ep. 1125: Does My Anxiety or Depression Invalidate My Christianity? Part II

<https://christianquestions.com/character/1125-anxiety>

See:  CQRewind
SHOW NOTES

1. Does having a crippling anxiety in our lives indicate a lack of faith on our parts, or does it indicate we are subject to human frailty? (See Psalm 147:3, 1 Peter 5:6,7, Isaiah 43:2, Psalm 34:17, Psalm 51:5)
2. Why is it important to recognize God's sovereignty in our lives? How does this give us comfort and hope? (See Psalms 139, Romans 8:28, Matthew 10:29-31, Colossians 1:16-17)
3. How does God use our trials, such as anxiety and depression, in our lives? (See James 1:2-4, 1 Peter 1:6,7, 1 Peter 4:12-13, Isaiah 61:3, 2 Corinthians 1:3,4)
4. Along with professional counseling, what should we do to endure the intensity of serious (persistent or recurring) anxiety? (See 1 Peter 5:6-9, Isaiah 40:9, Psalm 55:22, Matthew 11:28-30)
5. What does the word *patience* (Strong's #5281) mean in the New Testament? How does that definition give us a better understanding of what God wants from us? (See James 1:2-4)
6. What did David do to relieve his anxiety, worry and fears? How can this apply in our lives? (See Psalms 27:11-14 New American Standard Bible, Proverbs 3:5,6)
7. What can we do if we cannot find the words or even the strength to pray? (See Romans 8:26; Psalms 34:17-20) When our *anxious inner thoughts become overwhelming*, what does our Lord answer? (See Psalms 94:17-19, International Standard Version)
8. What two scriptures helped Kylie's 'self-talk'? Why do you think memorizing these Scriptures helped her to beat back the anxiety attacks Satan was aiming in her direction? (See Philippians 4:4-7, 2 Timothy 1:7, 1 Peter 5:6-9)
9. How do we give God's words permission to replace our own self-destructive words? What is an easy and powerful technique in doing this? (See 2 Corinthians 10:3-5)
10. How do we allow God's peace to guard our hearts and minds? How do we open up new thought possibilities to renew our mindset? (See Philippians 4:6-8) What happens if we slide back into our old anxious habits? (See Proverbs 24:16; Hebrews 12:1-3 New American Standard Bible)
11. How is it that God chose you, with all your weaknesses and deficiencies, to follow Him? Meditate on 2 Corinthians 12:7-10 for inspiration!