



“Depression, Anxiety,  
Mental Illness &  
Wholeness”

*Psalm 34:18; 73:25-26,  
28; 27:13-14*

June 16, 2019

*“The Lord is close to the brokenhearted; He rescues those  
who spirits are crushed.” (NLT) Psalm 34:18*

### **Biblical Examples**

Elijah, Hannah, David, Jonah, Job & People that Jesus  
encountered & healed

### **What if I’m struggling with depression, anxiety or some kind of mental illness?**

- ✓ **Seek the Lord**
- ✓ **Seek to Understand**
  - Your Chemistry
  - Your Connections
  - Your Circumstances
  - Your Consciousness
  - Your Choices
- ✓ **Seek Help** (Friends, pastor, professional counseling)
- ✓ **Seek Surrender**

### **5 Steps Everyone Can Take**

- ✓ Choose to get healthier
- ✓ Choose to deepen relationships
- ✓ Choose to trust Christ no matter what happens
- ✓ Choose what you think about

- ✓ Choose Jesus to be your Savior (everyday)

### **How do we help others?**

- ✓ Listen to them
- ✓ Pray with them and for them
- ✓ Encourage them
- ✓ Help them to get professional help if they need it
- ✓ Get them connected to a church and a small group

### **What does the church need to do?**

- ✓ We must remove the stigma
- ✓ We must raise awareness
- ✓ We need to be equipped and educated
- ✓ We need to support those who struggle
- ✓ We must remind them of the hope we have in Jesus

### **3 Final Thoughts**

- ✓ Your illness is not your identity
- ✓ You’re created by God & He doesn’t make mistakes
- ✓ You matter & are valuable to God

### **Websites with links to excellent resources**

- <https://www.focusonthefamily.com/lifechallenges/promos/mental-health-resources>
- <http://hope4mentalhealth.com/act/resources>
- [https://cdn.shopify.com/s/files/1/0545/9317/files/Hope\\_Resource\\_Guide.pdf?2118848862963175616](https://cdn.shopify.com/s/files/1/0545/9317/files/Hope_Resource_Guide.pdf?2118848862963175616)
- <https://factsandtrends.net/mentalhealth/>

**Book to Consider** (many others listed on these websites)  
*Freedom from Anxiety & Depression* by Mike Marino, PhD