

EXPERIENCING ANXIETY OR DEPRESSION

COME TO ME,
*all who labor and are heavy laden,
and I will give you rest.*

TAKE MY YOKE UPON YOU,
*and learn from me,
for I am gentle and lowly in heart,
and you will find rest for your souls.*

FOR MY YOKE IS EASY,
AND MY BURDEN IS LIGHT.

MATTHEW 11:28-30 ESV

Questions

What do you feel anxious about right now?

On a scale of 1 to 10, how much energy do you feel like you have?
Why that number?

What makes you feel the most rested or excited right now?

How can I help you?

Scriptures

casting all your anxieties on him, because he cares for you.

1 PETER 5:7 ESV

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

PHILIPPIANS 4:6-8 ESV

*Anxiety in a man's heart weighs him down,
but a good word makes him glad.*

PROVERBS 12:25 ESV

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

MATTHEW 6:34 ESV

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

PSALM 42:11 ESV