

Dealing with Anxiety
Let's Talk About It
October 27, 2024

Theme: Anxiety is not a malfunction of the mind... IT'S A SIGNAL!

* Studies reveal 9 factors that cause depression, 7 of which are psychosocial (done to us or we do them to ourselves) and 2 are biological or genetic.

- Elijah - 1 Kings 19:1-8
 - 1) Find the PACE OF GRACE - Ecclesiastes 4:6
 - ✓ Eliminate the non-ESSENTIALS
 - 2) Cultivate the PRESENCE OF GOD in my life - 1 Kings 19:9-12
 - ✓ Quiet our soul to get CLOSE TO GOD - Psalm 73:16-17
 - 3) Let the NARRATIVE I believe about myself come from God
 - 1 Kings 19:13-14
 - ✓ Rumination: Focus on symptoms of distress instead of solutions
 - 4) Find or renew my God-given PURPOSE IN LIFE - 1 Kings 19:15-18
 - ✓ Plunge into a God project, dream or VISION
 - 2 Corinthians 4:8-9, 16-18
 - 5) Maintain my life with GODLY RELATIONSHIPS - 1 Kings 19:19
 - ✓ Invite the RIGHT PEOPLE into our lives - Ecclesiastes 4:8-12