

“How Can Christians Overcome Fear, Anxiety, and Depression?”

Philippians 4:4-8

⁴Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

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Discussion Questions

1. *Psalm 13:1* – “How long, O Lord? Will you forget me forever? How long will you hide your face from me?” Consider a time in your life that you would call a period of depression. Describe the ways in which it felt like God was distant or silent.
2. *Psalm 27:13* – “I believe that I shall look upon the goodness of the Lord in the land of the living.” In that same period of depression, where did you see the goodness of the Lord?
3. *2 Cor 1:3-4* – “Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.” What comfort do you have to offer those around you as a result of this experience?
4. Pastor Andrew used the picture of a cross, with the vertical line representing alignment and the horizontal line representing wisdom. Discuss this visual and how it helps you process fear, anxiety, and depression in light of the cross?

If you would like to discuss the subject of God and fear, anxiety, and depression further with Pastor Andrew Stepp, feel free to email him at astepp@fpchouston.org.

If you want to learn more on this topic, check out the resources below:

- *Cry of the Soul* by Dan Allender and Tremper Longman
- *When Life Goes Dark: Finding Hope in the Midst of Depression* by Richard Winter
- *Don't Panic: Taking Control of Anxiety Attacks* by R. Reid Wilson

Here at FPC...

- Pastors and directors are willing and available to speak with those dealing with depression/anxiety. We also have a dedicated Care team, facilitated by Lija Shah (lshah@fpchouston.org), who would be honored to talk with you and direct you to appropriate resources.
- Finally, if you are seeking trained counselors, we have a strong relationship with many counselors around Houston to whom our pastors can refer our Covenant Partners.

Other great online resources...

- NAMI (National Alliance on Mental Illness): <https://namigreaterhouston.org>
- Houston OCD Program: <https://houstonocdprogram.org> (focus on anxiety disorders)
- Center for Postpartum Health: <http://www.cpfh.org> (for perinatal and postpartum issues)
- <https://www.mentalhealthamerica.net/conditions/anxiety-disorders>
- <https://www.mentalhealthamerica.net/conditions/depression>