

# Strategies for Anxiety and Depression

## Philippians 4:4-9

1. \_\_\_\_\_
  - Rejoice = “chairo” = “be full of \_\_\_\_\_”
  - Finding God as your \_\_\_\_\_ of joy
  - Psalm 42:3-5
  - It is a \_\_\_\_\_ that we have to make
2. \_\_\_\_\_
  - Gentleness = “epieikes” = “fairness, \_\_\_\_\_, mildness, consideration”
  - Instead of wallowing in misery spend time \_\_\_\_\_ others
  - Don’t let your struggles \_\_\_\_\_ who you are
3. \_\_\_\_\_
  - Tell God how you \_\_\_\_\_ feel
  - Psalm 21:1-2
  - Psalm 6:13
  - The only way to \_\_\_\_\_ the darkness is to honest with Him who is the Light

4. \_\_\_\_\_
  - Spend your time in the \_\_\_\_\_ not the negative
  - Hebrews 12:2 – Jesus faced the cross by \_\_\_\_\_ on “the joy set before Him.”
  - You can’t \_\_\_\_\_ negativity with negativity
5. \_\_\_\_\_
  - 1) If you are living right the enemy has fewer \_\_\_\_\_ to attack your mind
  - 2) When you are busy doing right your mind is taken off of \_\_\_\_\_
  - #5 takes 1-4 from being medicine used when needed to becoming a healthy \_\_\_\_\_ that keeps us well

*Celebrate God all day, every day. I mean, revel in him! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute! Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life. Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his*