

i n y o u r h e a d

THE BATTLE WITH MENTAL HEALTH, ANXIETY AND DEPRESSION



Part 2: Anxiety and the Fight for Control

INTRODUCTION

Whether you've known for ages that you've struggled with anxiety or whether you've just recently come to discover the impact it's having on your life, there are real ways to both manage your symptoms, discover the root cause of it, recognize you have a God who walks through it with you.

LET'S TALK ABOUT IT

1. When you think about the difference between stress and anxiety, which one plays a bigger part in your life?
2. Have you thought of anxiety as a symptom (effect) and not a root cause? Can you already name the root cause of your anxiety? Is it physical, due to your personal wiring, secrets, trauma, mistakes, and/or past hurts?
3. How has anxiety impacted your life? Or, if you haven't personally experienced it, how have you seen it impact the lives of others?
4. How do you currently manage your anxiety? What temporarily helps you manage your symptoms?
5. What do you think about the idea that there is a spiritual component to your anxiety? If you acknowledge that, how can you involve God in the management of your symptoms?

THIS WEEK

Jordan says, "In our most anxious moments, we forget both who we are and whose we are. What if the solution to our anxiety is more about a **somebody** than a something?" What would it look like practically to give up control to God?

"Cast all your **anxiety** on him because he **cares** for you. Be alert and of sober mind. Your **enemy**, the devil, prowls around like a **roaring** lion looking for someone to devour."

1 Peter 5:7-8