



Date 11/15/2020

God Knows, God Flows, God Grows

God's Transforming Work through Depression and Anxiety

Stats – What affect 50% of US; 50% never receive treatment.
People turn to pastors first for help. Pastors feel unqualified to address.
→ People who need help the most often do not find it in the church.

With God, there is more than hope; there is Transformation.

God Knows

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." ~ Jesus, Jn 16:33

COVID-19 presents a *wide combination* of causes of depression.

- **Danger** – fears of getting sick? Dying? Transmitting it to others? Hidden enemy?
- **Confinement** - cooped up? Reduced mental stimulation? Abusive relationship?
- **Anger** - at what? The virus? God? Government leaders? Don't know.
- **Economic troubles** - yours? Others? General?
- **Media** - constant negativity. Cases go up. Deaths go up. Only negative news.
- **Eating poorly** – grazing, snacking.
- **Less physical activity** – less healthy blood flow.
- **Sense of helplessness, powerless** - victim

Psalms 42 – You are not alone!

God Flows

1. Those who do suffer from Anxiety, Depression, Mental/Emotional Conditions...

I'm sorry for your difficult experience, but we're happy that you came.

Disillusion - sense that hope and happiness was an illusion, but now you see clearly (you think).

Despair - no hope, fatalistic, meaningless.

Disconnect - from people, from God, alone, *stigma*, hiding.

Danger - when ending everything seems the best option.

Focus on what you can do, not on what you can't. (See food lines miles long → Safe Haven.)

Faith shines brightest in dark circumstances. “*When I am weak, then I am strong.*” **2 Cor 12**

It's not easy to be optimistic.

With God, it's ok for you to not be okay.

Expecting perfection makes you afraid, anxiety.

2. Those who do not suffer from Anxiety, Depression, Mental/Emotional Conditions...

Not “Just in your head.” Cannot “just snap out of it.”

How God helped Elijah (1 Kings 19)

- Ask & listen (James 1:19)
- Unconditional Love. Let the other person be in their condition. Let God work.
- Have an open mind. Don't judge by mere appearances. (John 7:24)
- Treat people how you would want to be treated. (Matt 7:12)
- Be humble. It can happen to you.
- Empathize. Rejoice with those who rejoice, mourn with those who mourn.

God draws near the broken-hearted (Psalm 34:18). Be Jesus to the broken-hearted.

3. Those who feel guilty - self condemning...

I wonder if there was something I could have done. Maybe, but unlikely. Ask God.

Hindsight, there may have been “signs.”

Communicate your care. Thank you for caring.

God Grows (For Everyone)

Philippians 4:11-13 – “*I have learned the secret of being content...*”

Sometimes the only way to is through.

Redemptive – i.e. how are you *better* because of your experience?

- God's purpose is to make you *better* (Rom 8:28, Phil 1:6, 3:10, Col 1:29, Jas 1:2-3)
- God draws near the brokenhearted; Identify with Saints and Jesus (Philippians 3:10)
- Know yourself, self-awareness. (Phil 4:12-13)
- Know and help others - empathy (2 Cor. 1:2-3, 1 John 3:18)

Recovery

- **5 Morning Scriptures** – Psa 118:24, 143:8, Lam 3:22-23, Is 6:3; Jn 1:16.
- **5 Experiences** – Give Thanks, Be Still, Music, Sing, Nature.
- **5 Brain chemicals** – *serotonin* (function), dopamine (perk up), adrenaline (boost), *oxytocin* (love), cortisol (stress).
- **5 Physical Therapies** – Blood flow, Diet (gut), Rest, Supplements/Meds, Think.
- **5 Fellowship Therapies** – Friends, Counselors, Doctors, Reconcile, Serve Others.

God Knows, God Flows, God Grows

God's Transforming Work through Depression and Anxiety

Intro:

Stats – What affect 50% of US; 50% never receive treatment.

People turn to pastors first for help.

80% Pastors feel unqualified to address.

People who need help the most often do not find it in the church.

Covid-19 has made it worse.

With God there is more than hope. There is **Transformation**

The **Pain** leads to **Power**. The **Hurt** leads to **Hope**. The **Loss** leads to **Life**

(Pray)

God Knows

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” ~ Jesus, Jn 16:33

Peace is that **God Knows**.

Story – me, 2003, God was a distant concept.

Story – Steve

COVID-19 presents a *wide combination* of causes of depression. (Mental distress, suicide, divorce filings). Lose-lose scenario. (Hopelessness)

- **Danger** – fears of getting sick? Dying? Transmitting it to others? Hidden enemy?
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- *Sense of helplessness, powerless* - victim

The 50% statistic just went up to 100%!!!

Psalm 42 – You are not alone!

God Flows

God Flows in different ways to Particular groups – 1. suffering, 2. not-suffering, 3. Feel guilty

1. Those who do suffer from Anxiety, Depression, Mental/Emotional Conditions...

I'm sorry for your difficult experience, but we're happy that you're here.

Mourning into dancing
Beauty from ashes

Disillusion - sense that hope and happiness was an illusion, but now you see clearly (you think).

Despair - no hope, fatalistic, meaningless.

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Danger - when ending everything seems the best option.

Focus on what you can do, not on what you can't. (See food lines miles long → Safe Haven.)

Story – Kerwin, caustic work environment; wrote a book; good job, will lose his job in January.

Faith shines brightest in dark circumstances.

When I am weak, then I am strong. **2 Cor 12**

It's not easy to be optimistic.

With God, it's ok for you to not be okay.

Expecting perfection makes you afraid, anxiety.

Example: a Pastor Shared – CoV is wearing on him.

2. Those who do not suffer from Anxiety, Depression, Mental/Emotional Conditions...

Not “Just in your head.” Cannot “just snap out of it.”

Kerwin was told at a couple of large churches –

It's just in your flesh. need more faith. If you lived right, this wouldn't happen.

How God helped Elijah (1 Kings 19)

- Ask & listen (James 1:19)

Unconditional Love. Let the other person be in their condition. Let God work.

- Have an open mind. Don't judge by mere appearances. (John 7:24)
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“The only way to is through”

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Then...

2. Recovery

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Q&A