

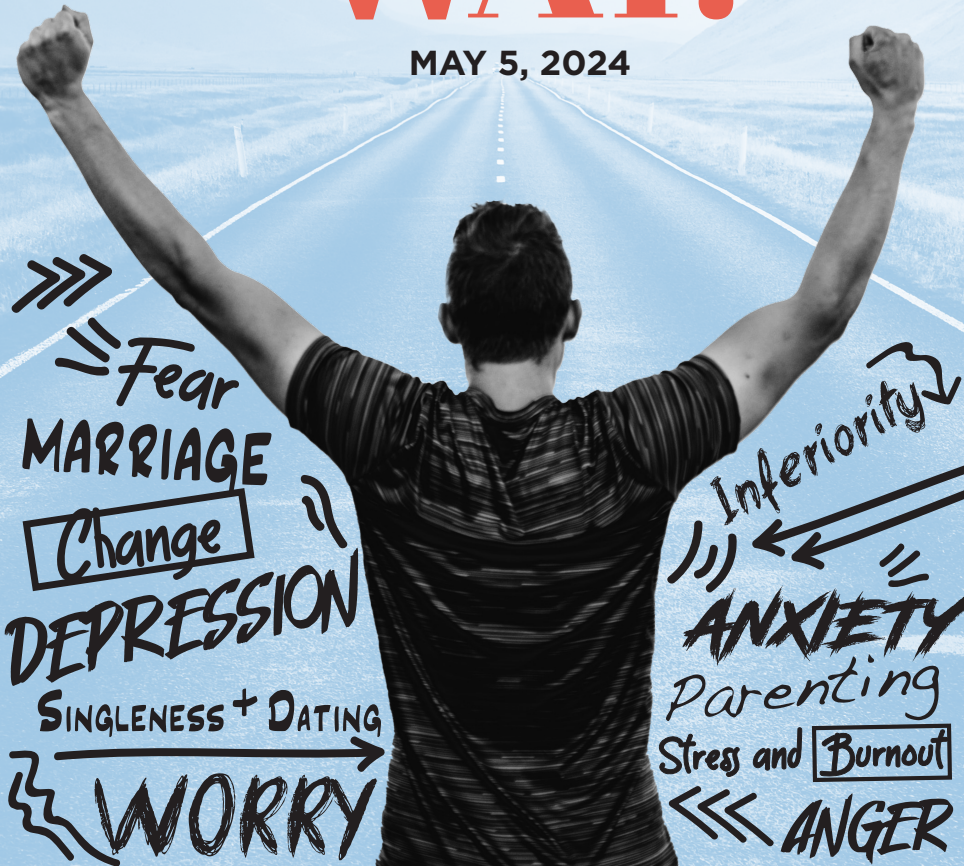
PURPOSE CHURCH

SUNDAYS 8:30am | 10:00am | 11:30am



# A BETTER WAY.

MAY 5, 2024



# WELCOME TO PURPOSE CHURCH!

## Are you new to Purpose Church?

We are so glad you are here! We want to meet you, answer any questions you might have, and help you get connected. Come to the Connect Center located in the Lobby after the service to meet our friendly team and pick up a free Purpose Church mug! For more info, head to: [purposechurch.com/nextsteps](http://purposechurch.com/nextsteps)

## RETIREMENT UPDATES

### Upcoming Town Hall Dates:

Sunday, June 2 @ 3:00pm  
Wednesday, June 12 @ 6:30pm

As we enter a season of discerning what and who God has for us as a church, we invite you to join us in our **40 Days of Prayer** and stay up-to-date with future announcements: [purposechurch.com/retirement](http://purposechurch.com/retirement)



**Bounce Houses!**

**Food Trucks!**

**Fun!**

[purposechurch.com](http://purposechurch.com)

**Games!**

**SUNDAY  
FUN·DAY**  
june 9

## PRAYER

We would love to pray with you! Please stop by the prayer room after the service or submit a prayer request online. [purposechurch.com/prayer](http://purposechurch.com/prayer)

## GIVING

We believe that generous people transform the world! Offering boxes are available in the lobby on Sundays or you can give online. [purposechurch.com/give](http://purposechurch.com/give)

# FOLLOWING JESUS WITH ANXIETY AND DEPRESSION

May 5, 2024 / Pastor Eric Holmstrom

## ANXIETY AND DEPRESSION IN AMERICA

Sources: Mayo Clinic, WebMD, Mental Health America, National Institute of Mental Health

- 40 million adults are affected by anxiety disorders each year.
- 21 million adults had at least one major depressive episode last year.
- 29% of adults report having been diagnosed with depression in their lifetime.
- 50% of young adults (18-24) report they have a depressive disorder or anxiety symptoms.
- 33% of teenagers will experience an anxiety disorder.
- 87% of young people experience mental health problems regularly.
- Anxiety and depression have increased by 50% over the past 23 years.

## SYMPTOMS OF ANXIETY

- Overwhelmed by worry or dread
- Nervousness
- Cranky or on edge
- Sweaty or shaky
- Feeling out of control
- Panic attack (a brief episode of intense anxiety, which causes the physical sensations of fear)

## SYMPTOMS OF DEPRESSION

- Sadness, hopelessness, or anxiousness
- Loss of interest in things you once enjoyed
- A lack of energy
- Eating more or less than you used to
- Sleeping too little or too much
- Trouble thinking or concentrating

## SUICIDE IDEATION

- Suicide is the second leading cause of death amongst 10-34 years olds in America.
- In 2022, 13.2 million American adults seriously considered suicide, 3.8 million planned a suicide attempt, and 1.6 million attempted suicide.
- You can text or call the *Suicide and Crisis Lifeline* at: **988**

## REAL PEOPLE IN THE BIBLE WHO EXPERIENCED REAL DISTRESS

**DAVID:** Psalm 10:1 – David continued talking with God, even when he felt like He wasn't there.

**JONAH:** Jonah 4:3-9 – Jonah was angry, frustrated, and felt like living wasn't worth it anymore.

**JEREMIAH:** Jeremiah 20:18 – Jeremiah questioned his existence in light of his current circumstances.

**MARTHA:** Luke 10:40-42 – Martha experienced anxiety while trying to serve Jesus.

**EPAPHRODITUS & PAUL:** Philippians 2:25-28 – Epaphroditus was distressed and Paul was trying to reduce his anxiety.

### ELIJAH: MY \_\_\_\_\_ STEP WHEN I FEEL DISTRESSED

1 Kings 19:3-7

### ELISHA: HOW TO \_\_\_\_\_ SOMEONE WHO IS DISTRESSED

2 Kings 6:15-17

Proverbs 12:25

### JESUS: GOD \_\_\_\_\_ WHAT IT'S LIKE TO FEEL DISTRESSED

Mark 14:32-34

## FIVE PROMISES FROM GOD FOR THOSE IN DISTRESS

1. God \_\_\_\_\_ Your anxieties: 1 Peter 5:7
2. God will \_\_\_\_\_ this wall with you: Psalm 18:28-29
3. God will \_\_\_\_\_ you up: Psalm 40:2
4. The Holy Spirit will \_\_\_\_\_ for you: Romans 8:26
5. You are God's \_\_\_\_\_: Ephesians 2:10

## TRY THIS IF YOU ARE FEELING ANXIOUS OR DEPRESSED

1. Journal and talk with **Jesus** about what you're feeling.
2. Tell a **trusted person** what you're feeling.
3. Schedule an appointment with a **counselor**.
4. Join our Celebrate Recovery **Stress, Anxiety, and Depression Support Group** and share what's going on inside you.
5. Visit [purposechurch.com/MentalHealth](http://purposechurch.com/MentalHealth)

1 Kings 19:11-13

Fill in the blanks: NEXT, HELP, KNOWS, WANTS, SCALE, LIFT, ADVOCATE, MASTERPIECE

