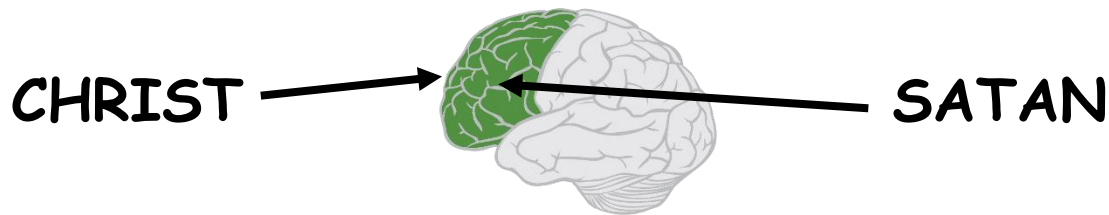


ANXIETY AND DEPRESSION HANDOUT

The Great Battle for the Mind -
whose character will be put in your frontal lobe?



“By beholding, we become changed”

Character determines your *eternal* destiny.

What do Christ and Satan use to put their character into your mind?

Christ (peace & joy)

Bible Study (1 chapter/day)
Heartfelt Prayer
Service to People in Need
Spending Time in Nature
Quality non-fiction
Study of the Crucifixion of Christ
Classical Music & Sacred Music
(WFPB diet, vigorous exercise,
& bright sunlight)

Satan (anxiety & depression)

Hollywood movies & videos
Smart phone entertainment
Social media entertainment
Competitive sports
Fiction & Novels
American Idol & other prideful pursuits
Popular music (rock, jazz, country, pop, hip bop,
Christian rock, blues, soft rock, soul, etc)
(Meat diet, sedentary, indoor light)

What is the best way to fight anxiety & depression?

- Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made know to God, and the peace of God, which surpasses all understanding, will guard your hearts and minds by Christ Jesus. Philippians 4:6-7
- You will show me the path of life; In Your presence is fullness of Joy; At Your right hand are pleasures forevermore. Psalm 16:11
- Confess sins to God in prayer daily. Be specific. Ask His forgiveness, & that ask all the merits of Christ's precious blood shed on Calvary's cross be appropriated to you and others daily.

What is a major way to bring on anxiety & depression?

- Watch, listen to , & read about other people sinning (committing evil acts on the screen or in the music) for your entertainment. Not sure what is evil? Study Exodus 20:3-17 and Matthew, chapters 4,5, & 6, with a prayer for the help of the Holy Spirit, for Divine insight and understanding, before you read.
- Not spending one hour with God in serious Bible study and heartfelt prayer daily.