INSTRUCTIONS:

Anxiety, Depression and Christian Faith

**Getting Started**

**Matthew 26:38**

**38**Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.”

**Psalm 88: 1-9**

Lord, you are the God who saves me;  
    day and night I cry out to you.  
**2**May my prayer come before you;  
    turn your ear to my cry.

**3**I am overwhelmed with troubles  
    and my life draws near to death.  
**4**I am counted among those who go down to the pit;  
    I am like one without strength.  
**5**I am set apart with the dead,  
    like the slain who lie in the grave,  
whom you remember no more,  
    who are cut off from your care.

**6**You have put me in the lowest pit,  
    in the darkest depths.  
**7**Your wrath lies heavily on me;  
    you have overwhelmed me with all your waves.[[d](https://www.biblegateway.com/passage/?search=Psalm+88&version=NIV" \l "fen-NIV-15316d" \o "See footnote d)]  
**8**You have taken from me my closest friends  
    and have made me repulsive to them.  
I am confined and cannot escape;  
**9**    my eyes are dim with grief.



**Resources**

* Bible
* Video: Anxiety and Depression – John Townsend: https://www.youtube.com/watch?v=YAQrnLLxnZI&feature=youtu.be
* Dealing with Anxiety and Depression with J.P. Moreland at https://www.biola.edu/blogs/think-biblically/2019/dealing-with-anxiety-and-depression



**Background Information**

Anxiety and depression are common to all people. The question is not whether you will experience anxiety and depression at some point in life, but when and how intensely. Christians are not exempt and will also experience these things. However, as His children, God does not want us to stay stuck in these struggles but to begin to find a way forward and experience greater freedom in His promises and provision. As Christians and social workers, it is vital that we have a proper perspective on anxiety and depression from a Biblical worldview as we seek to help others. This week you will reflect on a Biblical perspective on anxiety and depression and compare it with your current views.

**Prayer:**

*Jesus, thank you that you understand grief, loss, sorrow (even to the point of wanting to die), and anxiety so severe that you shed drops of blood. Surely you understand and feel for those struggling with anxiety and depression. Teach me to see these things through your eyes; with understanding and compassion and yet with faith and hope that God’s truth and faithful love can sustain, heal and transform. Amen.*



**Instructions**

1. Review the rubric to make sure you understand the criteria for earning your grade.
2. Watch or Listen to one of the following:
   * [Anxiety and Depression with John Townsend](https://www.youtube.com/watch?v=YAQrnLLxnZI&feature=youtu.be)

<https://www.youtube.com/watch?v=YAQrnLLxnZI>

* + [Dealing with Anxiety and Depression](https://www.biola.edu/blogs/think-biblically/2019/dealing-with-anxiety-and-depression)

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1. Navigate to the threaded discussion and respond to the following prompts:
   * Describe your experience with how the church or people in your faith community or family have responded to people struggling with anxiety or depression.
   * Explain two Biblical principles as described in the resource you chose that are important for helping with anxiety or depression. Why are they important? How are they Biblical?
   * How did the material you chose change your perspective on anxiety and depression or God’s view of it?
   * What will you take away from the material that can help you as a Christian and as a social worker?