



Study Guide: Episode 35, How to Deal with Depression, Anxiety, Overwhelm & Keep Hope

Psalms 49-51; 61-66; 69-72; 77-78; 85-86

00:00-10:15	"QOTW: "How do I keep hope when our hearts are overwhelmed?"
10:16-21:33	"Hear my cry; Let me not sink; neither let the deep swallow me up"
21:34-32:34	"How to recognize & treat depression, grief, burnout, anxiety"
32:35-37:07	"If you're struggling to feel the Spirit through hardships, it's not your fault"
37:08-46:18	"Let God be magnified"; "increase my greatness & comfort me"
46:19-END	"Remember & Hope in the Lord: Hang On. Pain Eases."

1. Have you felt lately like you're struggling? Overwhelmed? Stressed? Anxious? Depressed? How has this impacted your spiritual connection? Write about this in your journal or notebook, & identify any blocks you may be facing.
2. Can you recall a time in your life when you poured out your heart to God? When you needed Him more than ever? Like you're sinking, drowning & need saving? How did you remember & turn to Him? What answers/help did you receive? Write about this in your journal.
3. Have you ever felt misunderstood, forgotten or judged by those you need support from? What might you do to better speak up, reach out, and ask for the help you need? How might you help loved ones understand what you're going through? Who else might you reach out to for help? Do one thing today to work on this.
4. Listen to 21:34-32:34. If you recognize yourself in the symptoms of depression, grief, or anxiety, make a commitment to reach out in one way for help this week. Therapy. Medication. Self-help. Support from others. Each may be helpful. Choose one and do it today.
5. How might you better "remember the works of the Lord" and turn, in hope, to Him, this week? How might you use the Psalms to better come unto & remember Him? Which speak most to you? Which explain how you feel? Which remind you of all He does for you? Which offer ideas for how to overcome your challenges? Write about this.

Resources

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