

Fear, Depression and Anxiety
Week 2: A Biblical Anthropology and Meeting Physical Needs
NewCity Church, Falls Church, VA 2/7/2016

The presence, the availability, just the existence of a friend like this provides a tremendous degree of comfort to the depressed person, as it demonstrates in physical terms how much he is cared for, accepted, loved, as he is, warts and all. It is not difficult for the depressed person to go on to realize that if individual Christians can love him that much, how much more will God do the same...Unconditional friendship is the key, as is loyalty. The real friends are the ones who can accept the depressed person as he is - on good days, bad days, sad days, frightened days and angry days. Friends like this don't put pressure on in any way, but allow the sufferer to be himself, however horrid that may seem to be. As one of my depressed friends said, "It's a relief not to have to put on a disguise." – John Lockley

People in a helpless condition are enormously encouraged by the presence of a friend, an advocate. – Tim Keller

Teaching is the fruit of affliction and is not gathered immediately. It must have a ripening time. Therefore, O discouraged soul, do not say that God does not teach you at all if he does not teach you all at once. God lets in the light by degrees. Usually he teaches his children as we teach ours, now a little and then a little; something this week, and more next week; something by this affliction, and more by the next. – Thomas Case

1. Psalm 73

- a. What emotions or experiences can you relate from the Psalm?

- b. Where does the psalmist ultimately put his hope?

- c. What causes him to change his perspective? What is the turning point?

2. A Biblical Anthropology

- a. What are the two extremes our society and churches tend toward today?

- b. How does the Bible present the person? What are some passages in the Bible that give us this view? Why does this matter?

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3. A Dichotomist View of Depression-Anxiety

- a. How do we distinguish between the physical and spiritual symptoms of depression-anxiety?

Physical	Spiritual
Insomnia or hypersomnia	Shame
Significant weight changes	Guilt
Feeling of being restless or slowed down	Fear
Fatigue, loss of energy	Thanklessness
Problems concentrating	Unforgiving spirit
Sense of alienation	Hopelessness
Feeling sad, blue or depressed	Unbelief
Tight chest or heart palpitations	Anger

- b. How should we approach the physical and spiritual symptoms of depression-anxiety? Why? Do you agree with this perspective? Why or why not?

4. What are some practical ways and questions we can use to care for ourselves or others who are struggling with depression-anxiety?