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**❖SERMON NOTES ❖**

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Sunday, October 21, 2018

**“OVERWHELMED”**

(Philippians 4:6-7)

According to the Anxiety and Depression Society of America 264 million people in the world live with anxiety and 322 million people live with depression. Those are incredible numbers, but they become more overwhelming when those numbers hit home. Living with anxiety and depression is a reality for many individuals and families in our church. What can we do, where can we turn, how can we move forward when we feel so overwhelmed? God promises His presence and provision amid the storm.

**The Paths of Anxiety and Depression:**

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**Hope that God Provides:**

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– Ephesians 2:10

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– Galatians 6:2

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– 1 Corinthians 2:16

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– Deuteronomy 31:3

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– Psalm 34:18-19

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**The Paths of Anxiety and Depression:**

**Shame**

**Isolation**

**Distorted Thinking**

**Hopelessness**

**God has left me**

**Hope that God Provides:**

**Your value is in Christ** – Ephesians 2:10

**You are not meant to suffer alone** – Galatians 6:2

**You have the mind of Christ** – 1 Corinthians 2:16

**You can get help** – Deuteronomy 31:3

**God wants to comfort you** – Psalm 34:18-19