

ELEPHANTS in the ROOM



ADDRESSING THE TOPICS WE DON'T LIKE TO TALK ABOUT.



Part 6: Depression & Anxiety

Depression: overwhelming thoughts of sadness and hopelessness that lead numbness.

Anxiety: overwhelming thoughts of fear, worry that lead to general unease.

Three causes:

1. Environmental factors

2. Spiritual interference

1 Sam. 16:14-23; Acts 10:38; John 10:10

3. Physiological issues

How to Overcome:

1. Maintain your spirit.

Ephesians 6:10-12; Isaiah 61:1-3

2. Maintain your soul.

Psalms 1:1-2; Romans 12:2; 1 Peter 5:7

3. Maintain your body

1 Corinthians 6:19

Believe for **supernatural
intervention while you
embrace **natural** intervention.**