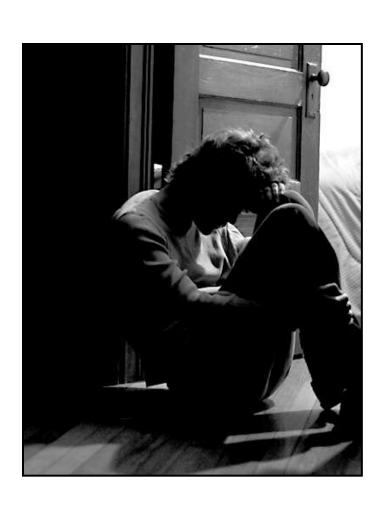
Graymere Church of Christ Jerry Martin, Ph.D, LPC



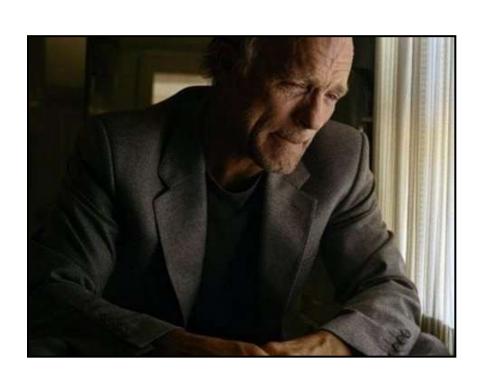
- Anxiety: apprehension, uneasiness of mind, usually over an impending or anticipated threat or danger
- Causes: response to stimuli in a person's environment or internal stimulus



- **Depression**: despondence and dejection, accompanied by feelings of hopelessness and inadequance
- Causes: chemical imbalance, genetic predisposition, negative thoughts and habits



- Loss Of Focus
- 1 Kings 19:4
  - Lack Of Meaning To Life
  - Lack Of Motivation For Life
  - Lack Of Mastery Of Life



- Life's Fatigue
- 1 Kings 19:7
  - Losses
  - Hurts
  - Life's Demands



- Lack Of Food
- 1 Kings 19:5-8
  - Loss of Appetite
  - Loss of Energy
  - Loss of Stamina



- Unaddressed, anxiety can lead to depression and depression can lead to confusion and diminished faith
- Address anxiety and depression by regaining focus, get appropriate rest and nourishment, exercise, and take medication if necessary