

## ***Dancing with the Scars***

Anxiety and Depression

January 16<sup>th</sup> and 17<sup>th</sup>

**Bumper Video:** Rebecca Decker

Welcome to Southside for those of you wondering, YES that was my daughter Rebecca, who was just married this past October to Eric Decker.

She is sharing her very personal story about dealing with the struggle of the diagnosis of rapid cycling bi-polar.

This diagnosis sent us as a family on a journey to better understand the world of anxiety and depression.

We were forced to face the reality that we are all created in the image of God and all of us have emotion's as a part of our human makeup.

Emotions are a wonderful part of the human experience.

We all experience ***happiness, joy, peace, tranquility***, as well as the opposite of these emotions like ***sadness, unsettled frustration, despair*** and even ***depression***.

It's a part of the human nature.

To complicate matters, ***we live in a world impacted by a broken nature called sin***, and because of sin and its influence

on the perfect world God created there is now irreversible damage, leaving a lasting scar on every human in existence!

We all have the wonderful good **“God created”** Emotions and the ***Emotions distorted by the broken curse we live in***, not to mention we have an enemy who is working continually to destroy us.

Last week Dr. Spaur reminded us we are in a ***cosmic battle between God and Satan*** and this is why Jesus came, it why He paid the ultimate price with His life.

This was a price **none of were qualified to pay**, Jesus was the only perfect human ***who could reverse the damage created by sin***, it cost Him His life and **He has the scars to prove it!**

We are in our sermons series ***“Dancing with the Scars,”*** we launched it on Easter weekend!

We learned that one of the first thing Jesus did when He came to the disciples after His resurrection was show them His scars.

Jesus met the disciples, **revealed His scars that tell the story of the work He completed** and **these scars become the visual reminder that their scars could be healed by His scars.**

Isaiah the prophet - 700 before Jesus came foretold of these events:

***Isaiah 53:5 (NIV) <sup>5</sup> But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.***

Jesus now Risen from the dead comes to His disciples, says Peace be with you and shows them His scars essentially saying, ***“come on join me in the dance of life, let my scars heal your scars.”***

Last week we learned how to identify and process our hurt by running to this wounded healing known as our Shepard.

Who Has the scars proving He has done the work, so our hurts can be healed and we can forgive all of our abusers!

Today we want to talk about how even when our emotions are pushed to the extreme and we experience things like; ***anxiety and depression.***

We can find healing through the same scars that Jesus revealed to the disciples on that powerful day!

To help us explore this topic I have assembled some Experts:  
**Cherie Nuckols (Sandy Wilda) – LCSW Dr. Lynette King Dr. Danny Felty**

**What is Anxiety** - a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

**What is Depression** - feelings of severe despondency and dejection.

1. **What causes Anxiety and depression?** – physical, spiritual, emotional, and/or circumstantial sources.

**Funny ones:**

- Cell phone down to 1 percent
- lose your keys
- wreck your car for the third time
- taxes

**External Factors**

- Trauma from events such as abuse, victimization, or the death of a loved one
- Stress in a personal relationship, marriage, friendship, and divorce
- Stress at work
- Stress from school
- Stress about finances and money
- Stress from a natural disaster
- Lack of oxygen in high altitude areas
- Loss of Hope

**Medical Factors**

- Stress from a serious medical illness
- Side effects of medication

- Symptoms of a medical illness
- Lack of oxygen from emphysema, or pulmonary embolism (a blood clot in the lung)

### Genetics and Brain Chemistry

2. What can be done about Anxiety and Depression? – physically, spiritually and emotionally?

3. Knowing what you know as professionals, do you see any Biblical Characters who may have struggled with Anxiety or depression?

- Abraham
- Jonah (Jonah 4)
- Job (whole book)
- Elijah (1 Kings 19)
- King Saul (1 Samuel 16:14-23)
- Jeremiah (whole book)
- David (psalms 69) *Psalm 69:1-36 (NIV) <sup>1</sup> Save me, O God, for the waters have come up to my neck. <sup>2</sup> I sink in the miry depths, where there is no foothold. I have come into the deep waters; the floods engulf me. <sup>3</sup> I am worn out calling for help; my throat is parched. My eyes fail, looking for my God. <sup>4</sup> Those who hate me without reason outnumber the hairs of my head; many are my enemies without cause, those who seek to destroy me. I am forced to restore what I did not steal. <sup>5</sup> You know my folly, O God; my guilt is not hidden from you. <sup>6</sup> May those who hope in you not be disgraced because of me, O Lord, the LORD Almighty; may those who seek you not be put to shame because of me, O God of Israel.....<sup>14</sup> Rescue me from the mire, do not let me sink; deliver me from those who hate me, from the deep waters. <sup>15</sup> Do not let the floodwaters engulf me or the depths swallow me up or the pit close its mouth over me. <sup>16</sup> Answer me, O LORD, out of the goodness of your love; in your great mercy turn to me. <sup>17</sup> Do not hide your face from your servant; answer me quickly, for I am in trouble.*
- John the Baptist
- Jesus – in the garden

4. What is your advice as a Christian Doctor and Therapist for someone who struggles with anxiety and depression?

## Wrap up

***Galatians 6:2 (NIV) <sup>2</sup> Carry each other's burdens, and in this way you will fulfill the law of Christ.***

***1 Peter 5:6-7 (NIV) <sup>6</sup> Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup> Cast all your anxiety on him because he cares for you.***

***Matthew 11:28-30 (NIV) <sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light."***

## Prayer – Response time

- Cast your anxiety pin it to the cross
- Call on God to help you with your emotions come and pray
- Pray for someone who you know may be struggling come and pray
- Bask in Jesus sacrifice as the healing for your emotional needs by receiving communion
- Lite a candle to remind you then when the days are dark His light will shine through