

SERIES: Psalms
TITLE: Stressed, Depressed, Hot Mess
SPEAKER: Pastor Kip McCormick
PASSAGE: Psalm 42:5-6a and Matthew 11:28-30
DATES: April 23-24, 2022



MESSAGE TAKEAWAY

- Only Jesus can give us true rest for weary souls.
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DISCUSSION QUESTIONS

- Kip recounted an incident while driving on the freeway, where his anxiety led to an issue he regrets. Does an issue come to your mind where an incident led you to later regret your actions? Was it anxiety-related, having a bad day, or driving on the freeway, like Kip? Share some anxiety “triggers” in your life that results in later regrets.
 - Think of someone in your family or circle of friends who struggles with anxiety and depression. Have you noticed a higher level of stress in them during the pandemic? Has Kip raised your level of awareness to the point that you feel compelled to check in on them?
 - When *you* are struggling, do you remind *yourself* that “God is always there and is working, even when we can’t feel or see him?”
 - Read Psalm 42:5 aloud. How can this be your “go-to” verse you or someone you love is struggling with anxiety?
 - Read Matthew 11:28-30. What stands out to you in these verses?
 - Kip asked the question, “What things do you need to put to death so that you can live?” Talk about this in your group if you are comfortable. If not, pray about this when talking with God.
 - We are collectively and individually praying for peace in Ukraine. How does John 14:27 lessen our anxiety over this terrible situation?
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NEXT STEPS

- Take time to consider three areas of focus: Spirit, Body, Mind.