



## “Playing with Depression & Anxiety”

### Playing with Fire Series

Pastor Jason

3.14.21

#### God’s Big Idea:

No matter what “they” say, you don’t have to **KEEP IT TOGETHER** for God.

*The Lord is my shepherd, I lack nothing.  
He makes me lie down in green pastures,  
He leads me beside quiet waters, he refreshes my soul.  
He guides me along the right paths for his name’s sake.  
Even though I walk through the darkest valley,  
I will fear no evil, for you are with me;  
Your rod and your staff, they comfort me.  
You prepare a table before me in the presence of my enemies.  
You anoint my head with oil; my cup overflows.  
Surely your goodness and love will follow me all the days of my life,  
And I will dwell in the house of the Lord forever.—Psalm 23*

*[Jesus] is before all things, and in him all things hold together.—Colossians 1:17*

- Focus on the **SHEPHERD**, not the **SHADOWS**.
- Put down the **POKING STICK**.

*Cast all your anxiety on him because he cares for you.—1 Pet. 5:7*

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.—Philippians 4:6-7*

- Be someone’s **WATER BUCKET**.

#### Continue the Conversation

1. What’s bigger in your life right now, the shadows or the Shepherd? Why?
2. How would today be different if you didn’t have to keep it together for God?