

## BIBLICAL PRESCRIPTIONS FOR ANXIETY AND DEPRESSION

- PRESCRIPTIONS FOR ANXIETY:

1. Priorities (Luke 10:38-42).
2. Prayer (Philippians 4:6-7).
  - Asking
  - Thanking

- 1 PRESCRIPTION FOR DEPRESSION:

1. Good Words from God's Word and Good People (Proverbs 12:25).

- 4 GOOD WORDS FROM GOD'S WORD:

1. Love (John 15:9,13).
2. Joy (John 15:11).
3. Peace (John 16:33).
4. Hope (Romans 15:13).