Bible Studies on Depression And Anxiety

According to the National Alliance for the Mentally Ill (www.nami.org), depression is a very serious and widespread disease. It states: "Major depression is a serious medical illness affecting 9.9 million American adults, or approximately 5 percent of the adult population in a given year...More than twice as many women (6.7 million) as men (3.2 million) suffer from major depressive disorders each year."

This is not talking about being depressed because your car broke down on your way to work, or being anxious because you are up until midnight waiting for your daughter to come home from her first date. Serious depression results from a chemical imbalance in the brain that is often brought on by...you guessed it. Stress. And don't we live more stressful lives than ever before?

Two questions to consider:

How did we get this way?
How can we get past it?

The Bible doesn’t necessarily describe how we got this way, but throughout the Bible, God acknowledges us as anxious, worrying, depressed people. In some cases, God allows things to happen that might cause anxiety or depression, but He expects us to remember His Word and all that it says as a remedy for fighting off these illnesses.


When you have simply had a bad day, or are in a bad mood, your heart can feel heavy within your chest. The Lord knows this. He sees all that we do and wants to assure us that we are loved and have no need to be anxious or depressed. He will often send a friend or family member at just the right time to cheer us up in these instances.

However, there are other times in which we will go through serious trials that can truly weigh us down...building within us anxiety and depressive thoughts. We may lose a family member. We might be diagnosed with a serious disease. Divorce, moving, job losses (or gains), even marriage and having children can cause us to be more anxious and lead to resultant depressive actions.

Anxiety is simply our way of handling these potentially stressful situations when we have little or no control over what is going on around us.

The Lord reminds us that he is the one in control, and that we have nothing to fear or cause for worry:

Isaiah 43:1-4 "...Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not wash over sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord, your God, the Holy One of Israel, your Savior; I give Egypt for your ransom, Cush and Seba in your stead. Since you are precious and honored in my sight, and because I love you, I will
give men in exchange for you, and people in exchange for your life. Do not be afraid, for I am with you..."

God has redeemed us. He has called us, and promises that He will be with us through all the different storms we endure. He promises to be our Lord, our God, and our Holy Savior. He gives all that He has to care for us.

More than that, God loves us. He will give people in exchange for our very lives. He acknowledges that we will face difficult times. We will face times when the waters seem to overtake us. We will walk through fiery situations. The Lord guarantees that we will face difficult and painful situations. But He loves us and will not leave us in the middle of the trials.

Philippians 4:5-7 "Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, 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."

God tells us to not be anxious about anything. Why? Because "The Lord is near." God loves us. He tells us to come to Him with EVERYTHING. We are to pray and petition God with all that weighs on our hearts. 1 Peter 5:7 says that we are to "Cast all our anxiety on Him, for He cares for (us).". All of our anxiety is to be "cast" upon God.

He cares. He loves. He listens. He protects. He guides. He destroys on our behalf. He gives peace. He guards. He loves Us.

Us. He does all these things for us. In light of all of that, what right do we have to be anxious or depressed? Isn’t it a matter of trust that we are so anxious that we can’t see God in the middle of the raging river or the mightiest storm? Yet that is our short-sightedness, not God’s. He told us we would face the trials--it is our job to trust that He will be there to carry us home.

If you have been diagnosed with a clinically depressive disorder, and are taking medication to treat depression or anxiety, do not discontinue medication. This Bible study is intended to help you see how much God loves you and does not want you to worry or be anxious. Consult your medical professional before discontinuing medication of any kind.