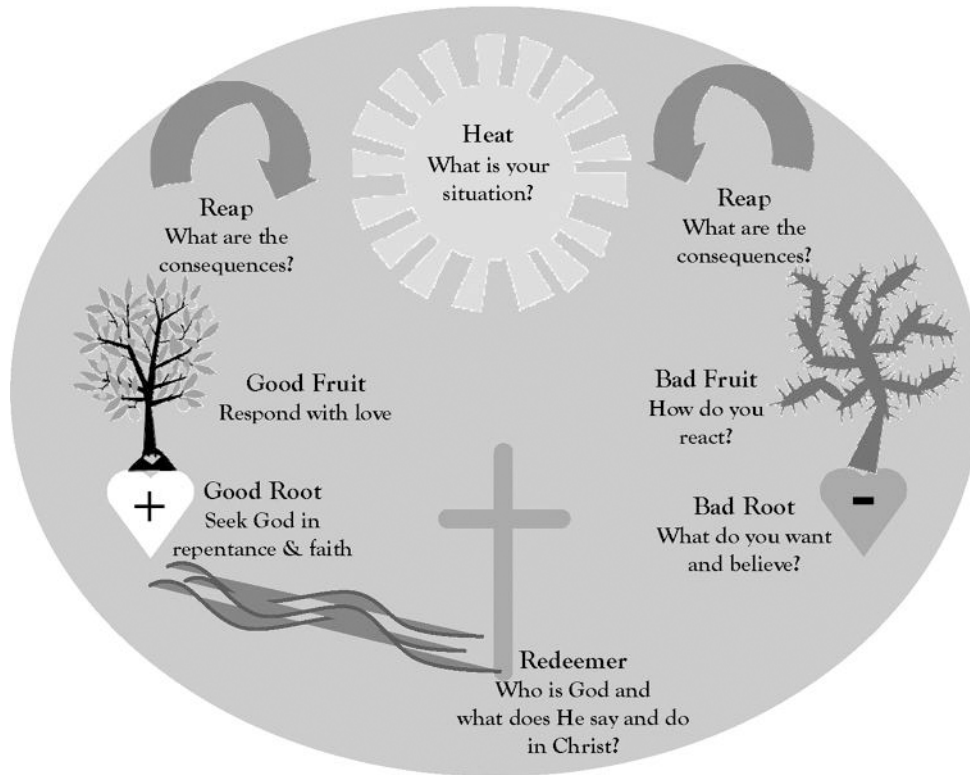


Fear, Depression and Anxiety
Week 6: Diagnosing the Heart
NewCity Church, Falls Church, VA 3/6/2016

Mental pain usually needs an interpretive push to send it to the hell and hopelessness we call depression. All pain is interpreted pain. With this in mind, turn your attention to what is going on within you. – Ed Welch

1. Jeremiah 17:5-10. "Three Trees" Lay-Counseling Model



Fear, Depression and Anxiety
Week 6: Diagnosing the Heart
 NewCity Church, Falls Church, VA 3/6/2016

2. What are common thorns and roots we encounter in depression-anxiety? How do we root them out and instead plant ourselves in the truth of the gospel?

Core Emotions								
	Sadness	Shame	Fear	Enjoyment	Love	Surprise	Disgust	Anger
High	Despair	Guilty	Terrified	Ecstasy	Worship	Shocked	Revulsion	Furious
	Depressed	Sorrowful	Dread	Overjoyed	Adoration	Stunned	Despise	Seething
	Grief	Worthless	Panicky	Excited	Infatuation	Alarmed	Detest	Hostility
Medium	Loneliness	Disgraced	Fearful	Thrilled	Devotion	Astonished	Loath	Hatred
	Hurt	Dishonored	Afraid	Delighted	Loyalty	Awed	Contempt	Animosity
	Dejected	Humiliated	Frightened	Passionate	Admiration	Amazed	Disdain	Bitterness
Low	Hopelessness	Mortified	Threatened	Cheerful	Attraction	Perplexed	Scorn	Exasperation
	Sorrow	Apologetic	Jealous	Happy	Respect	Baffled	Abhorrence	Antipathy
	Heartbroken	Unworthy	Anxious	Gratified	Compassion	Bewildered	Despise	Resentful
	Self-pity	Embarrassed	Insecure	Relieved	Fondness	Disoriented	Aversion	Upset
	Distressed	Contrite	Intimidated	Satisfied	Friendliness	Confused	Rejection	Mad
	Unhappy	Bashful	Nervous	Glad	Kindness	Wonder	Disrespect	Frustrated
	Gloomy	Regretful	Worried	Content	Affinity	Unsettled	Disapprove	Annoyed
	Disappointed	Uncomfortable	Uneasy	Pleased	Like	Puzzled	Dislike	Irritated
	Melancholy	Silly	Concerned	Mellow	Acceptance	Bemused	Distaste	Touchy
	Spirit of Fear			Spirit of Power, Love, and Self-control		Spirit of Anger		
	<i>"God gave us a spirit not of fear ..."</i> <i>(2 Tim. 1:7a)</i>			<i>... but of power and love and self-control" (1:7b).</i>		<i>"Be not quick in your spirit to become angry, for anger lodges in the heart of fools" (Eccl. 7:9).</i>		