

## **Fear, Depression and Anxiety**

### **Week 7: Putting it All Together**

NewCity Church, Falls Church, VA 3/13/2016

Janet is in her mid-thirties. She is single and lives at home with her parents. She is the youngest of four daughters, the rest of whom are married with children. Growing up she felt picked on by her older sisters, but now they are her closest friends. She says that the only person who has ever loved and accepted her for who she is was her grandmother.

Janet suffers with depression. She came to you at her sisters' urging because a close friendship had recently ended badly. She felt 'dumped' when her friend became close to someone else. To her this was just another incident in a lifetime of rejections. She has had few close friends, but those she has had have either gotten married and become preoccupied with their own lives or developed other close friendships.

Janet has a strong desire to be married, but she had never dated. Seeing couples together or hearing stories at work are painful to her. She has prayed that God would either take the desire away or bring someone into her life. Neither has happened, so she has become frustrated, angry and bitter

During the course of counseling, Janet has put on a considerable amount of weight, which adds to the depression. She lays around the house and will not call friends to make plans. She attends church regularly, but will not become involved because she does not want to be hurt again. At work she tries to share the gospel with her co-workers whenever possible, but keeps to herself because of the office politics and backstabbing that goes on.

In conversations with you, Janet has repeatedly said with great vehemence and sobbing, "I will not be hurt again. I will not be rejected again." She says she has tried praying, reading Christian books and memorizing Scripture, but nothing changes. For fifteen years nothing has changed, so she has become convinced that nothing will ever change. She says she believes Scripture is true, but when she reads a promise it is as if the words, "except for Janet" have been inserted.

She will not tell her family how she's feeling because she does not want to upset them. She will not take any medication because she has been on anti-depressants before and they have not helped. "Besides," she says, "God could heal me if he wants."

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- 1. What are Janet's physical symptoms?**
- 2. What are Janet's spiritual symptoms?**
- 3. What would you consider to be Janet's "heat"?**
- 4. What are Janet's sinful responses (thorns)?**
- 5. What do you think might be her root idols?**
- 6. Is there any fruit in her life that you can see through all of this?**
- 7. How might you begin to help Janet over a 3-6 month period (both in word and deed)?**
- 8. When the time is right, what Scripture might you use to walk Janet through?**
- 9. Would any of the Xray questions be helpful in your conversations with Janet?**