

**BULLSEYE!**  
**ACCURATE BIBLE KNOWLEDGE!**

**QUESTION: "I GET DEPRESSED. WHAT SHOULD I DO?"**

**ANSWER: "DON'T KNOW"**

**EXPLANATION:**

**As a Christian, what is DEPRESSION?**

Who knows what depression is ... the Bible makes no mention of it.

**So what causes depression?**

Wouldn't have a clue.

**Well, how can I treat my depression?**

Don't know.

**Well, what about ANXIETY then ... what is anxiety?**

Who knows what anxiety is ... the Bible makes no mention of it.

**What causes anxiety?**

Wouldn't have a clue.

**Well, how can I treat my anxiety then?**

Don't know.

**Well, what about WORRY then?**

Who knows what worry is ... the Bible makes no mention of it.

**What causes worry?**

Wouldn't have a clue

**Well, how can I treat my worry then?**

Don't know.

**Well, what about STRESS then?**

Who knows what stress is ... the Bible makes no mention of it.

**What causes stress?**

Wouldn't have a clue

**Well, how can I treat my stress then?**

Don't know.

**Well, what about my FEELINGS then?**

Who knows what feelings are?

**What causes feelings?**

Wouldn't have a clue

**Well, how can I treat my feelings then?**

Don't know.

**Well, what about my EMOTIONS then?**

Who knows what emotions are ... the Bible makes no mention of them.

**What causes emotions?**

Wouldn't have a clue

**Well, how can I treat my emotions then?**

Don't know.

**So you're telling me I'm stuck with my DEPRESSION, ANXIETY, WORRY, FEELINGS and EMOTIONS and the Bible can't help me?**

Correct. These are the world's made-up terms.

**So what does the Bible call all these things?**

CARES. They are called "the cares of this world" ([Mark 4:19](#)) and thoughts and things that happen in the mind and the results of them.

**What are the cares of this world then?**

At last count, there were 4,073 (that is, there too many to count)

**Well how am I going to get rid of them?**

Cast them on the Lord. *Casting all your care upon him; for he careth for you.* ([1 Peter 5:7](#))

**Well that sounds too simple!**

The Bible says *Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.* [Phil 4:6](#)

**What then?**

And **the peace of God**, which passeth all understanding, **shall keep your hearts and minds** through Christ Jesus. [Phil 4:7](#)

**What then?**

Finally, brethren, whatsoever things are **true**, whatsoever things are **honest**, whatsoever things are **just**, whatsoever things are **pure**, whatsoever things are **lovely**, whatsoever

things are of **good report**; if there be any **virtue**, and if there be any **praise**, **THINK ON THESE THINGS.** [Phil 4:7](#)

### What then?

No more depression, anxiety, worry, stress, feelings and emotions. All gone.

### Hang on! Can't a Christian have any feelings or emotions?

Of course you can! The Bible call them the fruit of the Spirit ...

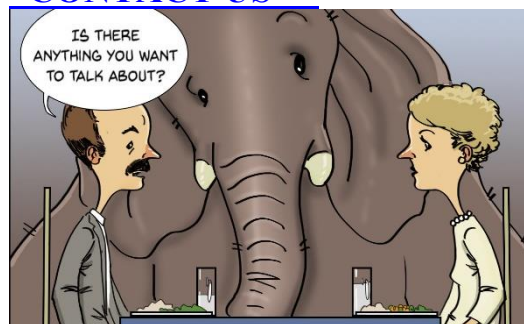
"But the fruit of the Spirit is **love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance ...**" ([Galatians 5:22-23](#))

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**"CONTACT US"**



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