

- **Truth#1: God wants you free**
- **God's will for your life is peace & joy and it's not to be riddled with anxiety & depression**
 - **God's will for your life is peace-Ph4:6**-*Be careful for nothing, but in everything by prayer and supplication with thanksgiving let your request be made known to God. And the peace of God that passeth all understanding will keep your hearts and minds through Christ Jesus; Jn14:27-Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled neither let it be afraid*
 - **God's will for your life is joy-Ph4:4**-*Rejoice always and again I say rejoice; Jn17:13-Now come I to you; and these things I speak in the world, that they might have my joy fulfilled in themselves; Js1:2-Count it all joy when you fall into divers temptations*
- **Jesus bore anxiety and depression for us so we wouldn't have to bear them-Is53:4**
Surely he hath borne our griefs and carried our sorrows...5 The chastisement of our peace was upon him...He was oppressed (harass, distress) and afflicted (downcast, depress)
- **Anxiety and depression are part of the curse that we are redeemed from-Dt28:15**-*All these curses shall come on you and overtake you; 65-You shall find no ease...the Lord shall give you a trembling (fearful) heart...and sorrow of mind...66 and you shall fear day and night Gal3:13-Christ has redeemed us from the curse of the law being made a curse for us...So that the blessing of Abraham might come on us*
- **God loves you and wants to see you prosper in your soul-3Jn2**
- **Truth #2: You can be free**
 - **The enemy will try to thrust you into a place of hopelessness**-Start right here: I can be free
 - **There is no pit so deep that God can't you out-Ps40:2**-*He brought me up also out of an horrible pit, out of the miry clay and set my feet on rock, and established my goings. And he hath put a new song in my mouth*
 - **I'm coming out, I'm coming through, I'm coming over**-You don't have to know you just have to follow one who knows how-*Ps91:15-He will call upon me and I will answer him: I will be with him in troubled; I will deliver Him*