

- **Truth #3-God is your answer, He is where your help comes from**
- **God is the source of your victory over this and you must not get your eyes off Him**
 - We are looking to God because our help comes from Him-*Ps121-I will lift my eyes to the hills, from whence comes help. My help comes from the Lord*
 - I'm going to His Word to find out what He has to say about this-I'm searching His word for His counsel, His wisdom, His direction, His understanding
 - They were looking for answers in the world-*Is30:2-ERV-They are going down to Egypt for help, but they did not ask me... 5 They are depending on a nation that cannot help them*
 - We go to God first, we go to His Word-You need to practice this in your life anytime something comes up-*Mt4:4-We live by the Word; Ps33:4-The word of the Lord is right*
 - God is your salvation-*Ps27:1-The Lord is my light and my salvation (liberty, deliverance, victory prosperity)*
- **Truth #4-The truth of God's word will make you free from anxiety and depression**
- **A big key to being free and to walking free is the truth**-*Jn8:31-If you continue in my word, then are you my disciples indeed; And you shall know the truth and the truth shall make you free*
 - God's word is alive and full of power-*Hb4:12-BBE-For the word of God is living and full of power*
 - You have to start in the Word-To be made free you have to know the truth, to know the truth you have to continue in the word, to continue in the word you have to start in the word
 - Truth is needed to get free from any oppressive thing-And truth is found in God's Word-*Jn17:17-My word is truth*
 - God's word will hold you up-*Ps119:87-They had almost consumed me upon the earth; but I forsook not your precepts 92 Unless your law had been my delights, I should then have perished in mine affliction*
 - The enemy has lied about anxiety and depression to keep people bound