



LIVE JESUS MINISTRIES

LJM TOP TWELVE (TT8)

What Can I Do About My Anxiety, Depression, Loneliness?

PRAY

Start by utilizing the **PRAY** step of your mentor training.

CONNECT

Check In: Peaks, Pits & Prayer Intentions

Go around the group and ask:

- What's one **Peak** (high/victory) and one **Pit** (low/struggle) since we last met? (or a similar type question)
- What's something you want us to **pray for** today? (Write down intentions to pray for at the end)

Encourage honesty and vulnerability. After everyone shares, affirm and thank them for sharing.

DISCUSS

Content References

- **Ps 34:18** – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”
 - **1 Peter 5:7** – “Cast all your anxiety on Him because He cares for you.”
 - **CCC 1821** – “In every circumstance, each one of us should hope... by the grace of God, we will persevere.”
 - **CCC 2697** – “Prayer is the life of the new heart. It ought to animate us at every moment.”
 - **LJM Training** – Be prepared to utilize the “ABCDEs of Talking Through Anxiety” from the LJM Mentor Training.
 - **Counseling** – Be prepared to refer teens to counselors that are recommended by your location.
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Discussion Questions

Q1: What are the things that bring you the most anxiety or sadness in your life right now?

 *Mentor Tip: Encourage vulnerability and honesty with this question. You may share something that has brought you anxiety or sadness before to get started.*

Q2: When God thinks of you, what do you think is on His heart?

- Does God have more of a positive opinion or negative opinion of you? How do you know that?
-  *Mentor Tip: Knowing that God is with you, believes in you, and loves you can help you deal with anxiety, depression, and loneliness. You are not alone.*
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Q3: Why is honesty so important when it comes to helping with anxiety, depression, and loneliness?

 *Mentor Tip: Being honest in prayer with God and with someone you trust is an excellent way to approach anxiety, depression, and loneliness. Bring it into the light.*

Q4: What is one way you cope with anxiety, depression, and loneliness?

- How can God help you with these struggles?
-  *Mentor Tip: This is a very practical question. For example, studies are now saying that spending time in nature benefits mental health, including reducing stress, anxiety, and improving mood. Emphasize the need for relationships with both God and others.*
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Cornerstone Statement

Too often we try to handle our anxiety, depression, and loneliness on our own. We were never meant to take that burden on. But in order to get help, we have to be honest in our prayer with God and honest with others.

COMMIT

- Read one of these Psalms each day: Psalms 23, 27, 34, 46, 62, 103, and 121.

Close in prayer. (Pray for the intentions spoken earlier. Have each person pray for the person next to them, etc)