

# Let's Talk About It – Week 2

## Title: Let's Talk About Anxiety, Depression & Grief

Subtitle: When the Mind Won't Rest and the Heart Won't Heal

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### Opening: The Storm Inside

“Have you ever felt like your mind just won't shut off?

You smile, you show up, you post, you serve — but deep down, you're just tired.

It's like there's a storm inside you that never stops.

For some, that storm is called **anxiety**.

For others, it's **depression**.

And for many, it's **grief** — missing someone who's gone... or even missing someone who's still here.

We live in a generation that talks about mental health more than ever, and that's good — but if we're honest, sometimes we've started to glamorize it.

*We wear anxiety like an identity. We post our pain for attention. We call burnout “normal.”*

But your pain isn't your personality.

You are not your anxiety.

You are not your depression.

You are not your grief.

And this morning, we're not here to glamorize it or shame it — *we're here to face it and step into healing.*

Because Jesus doesn't avoid pain — He steps right into it with us.”

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***“Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the center of your life.”***

You:

“The Bible doesn’t pretend anxiety doesn’t exist — it gives us a way through it.

It says, ‘Don’t let your worries pull you apart — give them a place to land.’

***Because anxiety isn’t just mental — it’s spiritual. It’s what happens when your soul is carrying weight your mind doesn’t know how to process.”***



### **Transition to Interview**

“Today we’re talking about this from every angle — spiritual, emotional, and practical.

And to do that, I’ve invited someone who’s been a big part of my own healing journey — my therapist.

And yes — I go to therapy.

Because ***therapy doesn’t mean you lack faith — it means you trust God enough to use every tool He’s given you.***

Faith and therapy don’t compete — they complete each other.

So let’s talk about what it looks like when your faith and your feelings collide.”

***Join me in welcoming Bianca Bennett, she is a licensed associate counselor at Hope Counseling Center She specializes in trauma therapy .***



## **THE CONVERSATION: “Faith, Feelings, and the Fight for Peace”**



### **Segment 1 – “Anxiety Isn’t My Identity”**

**Transition: Let's start here – because so many for so many people this is where the battle begins. Let's talk about Anxiety. What it really is, what it's not, and how God call us to handle it.**

**Questions for Therapist:**

1. *What's the difference between anxious feelings and an anxiety disorder?*
2. *Why does this generation feel so overstimulated and restless?*
3. *What are a few practical things people can do daily to calm anxiety without escaping or numbing (ex: breathing, journaling, grounding techniques)?*
4. *How does faith play a role in retraining our thought patterns and calming our minds?*

You (after):

“I used to think I could out-faith anxiety — like if I just prayed harder, it would go away. But I learned that prayer invites peace, and peace takes practice.

***Faith isn't the absence of fear — it's learning who to run to when fear shows up.***

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**Transition – You know, anxiety is usually about what's ahead, bur depression – depression feels different. Anxiety makes your thoughts react forward and depression makes you your hope stay stuck.**

## **Segment 2 – “Depression Isn't the End of the Story”**

Psalm 34:18 MSG

***“If your heart is broken, you'll find God right there; if you're kicked in the gut, he'll help you catch your breath.”***

Depression doesn't always look like darkness. Sometimes it looks like disconnection.

You can be surrounded by people and still feel completely unseen and alone.”

**Questions for Therapist:**

1. *Why do people who seem 'fine' often struggle in silence with depression?*
2. *What are warning signs that someone might be slipping into depression?*
3. *What are healthy ways to support someone without shaming or minimizing them?*
4. *For the person who feels numb — what's one small step they can take toward healing this week?*

You (after):

“Sometimes healing doesn’t start with a miracle — it starts with a Monday.

With deciding, I’m still here, and I’m still showing up.

And that’s where God meets you.”

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***Transition: And sometimes what we call depression is actually grief – sadness that we’ve never processed or pain that we never named. Grief has layers. It’s not just about losing someone; it’s about fear, change and the moments that break our hearts.***

### ☞ Segment 3 – “Grief: When Your Heart Breaks”

“Grief wears many faces. 3 Expressions of Grief

Sometimes it comes suddenly (**A sudden loss**) — a phone call, a loss you didn’t see coming.

Sometimes it creeps in slowly — when you’re watching someone you love fade over time.

That’s what’s called **anticipatory grief** — when your heart starts grieving before the goodbye ever comes.

But there’s another kind of grief we rarely talk about — the grief that’s rooted in fear. (**Fear based grief**)

When you live afraid that something bad will happen, even though everything’s okay.

Parents — maybe you know that fear every time your child leaves the house.

Young adults — maybe you’ve felt that anxiety that the people you love will leave, or something terrible will happen.

That’s fear rehearsing loss before it even happens.

It’s grief that’s gotten ahead of reality.

And it’s exhausting.”

But ***“The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.”***  
***Psalms 34:18 NLT***

“Whether your heart is broken from something that’s already happened, something that’s slowly happening, or something you just fear might happen — God is close. Always.”

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### *Questions for Therapist:*

- 1. For those who lost someone unexpectedly, how can they start processing grief with no closure?*
- 2. What is anticipatory grief, and how can people prepare emotionally?*
- 3. How does fear feed into grief — like when parents fear losing a child or someone fears bad news?*
- 4. What helps someone move from fear to trust?*
- 5. How can we grieve with faith — believing God is still good, even when we hurt?*

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*(after therapist's response):*

“I’ve walked through both — the unexpected grief that takes your breath away (brother), and the slow kind that lingers before goodbye (father-in-law).

And I’ve learned this: ***God isn’t just found in the healing — He’s found in the heartbreak.***

Grief and Joy are not opposing emotions they can coexist.

He doesn’t wait for you to pull it together — He sits with you when it all falls apart.

*Fear will whisper, ‘What if?’*

*But faith whispers, ‘Even if.’*

*Even if it happens. Even if it hurts. Even if I don’t understand — God is still good, and He’s still here.”*

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***Transition: So whether its anxiety, depression, or grief – there comes a point when you have to decide, I don’t want to stay here. Healing doesn’t mean it didn’t happen; it means your trusting God with what did. Lets talk about what it really looks like to step into healing.***

### **Segment 4 – “Step Into Healing”**

***“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” Matthew 11:28-30 NLT***

***Healing isn’t passive. It’s not waiting for the pain to leave — it’s walking with God through it.***

***It's a process not a moment.***

Questions for Therapist:

1. Why do people sometimes get comfortable in their pain?
2. How can accountability and community help someone step into healing?
3. Why do faith and therapy together lead to deeper, lasting transformation?

You (after):

“Faith without action leaves you stuck.

Therapy without faith leaves you empty.

But together — they build something whole.”

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## **2 Corinthians 1:3–4**

TPT:

“He always comes alongside us to comfort us in every suffering so that we can come alongside those in any painful trial.”

MSG:

“He brings us alongside someone else going through hard times so we can be there for that person just as He was there for us.”

***“All praise to the God and Father of our Master, Jesus the Messiah! Father of all mercy! God of all healing counsel! He comes alongside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so that we can be there for that person just as God was there for us.” 2 Corinthians 1:3-4 MSG***

You:

“God never wastes pain.

The same valley that almost broke you becomes the place where He births compassion, empathy, and strength.

***Your healing isn't just for you — it's for the people you'll help next.”***

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## **Dismiss the Therapist**

“Can we thank Bianca for joining us this morning?

Come on, let’s honor her for bringing truth, wisdom, and so much grace to this conversation.”

(pause for applause)

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## **Altar Call – Step Into Healing**

(Music begins softly. You stand center stage.)

You:

“Some of you came in today smiling on the outside but breaking on the inside.

You’ve been anxious. Depressed. Afraid. Grieving something no one even knows about.

You’ve been trying to keep it together — but Jesus didn’t bring you here to keep holding it together.

He brought you here to step into healing.

You may not be able to fix everything — but you can surrender everything.”

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## **Moment of Surrender**

“Right where you are, if this message has spoken to something deep in you, I want to invite you to simply open your hands.

That’s it.

It’s not dramatic — it’s a simple act of release.

It’s saying, ‘God, I can’t control this, but I trust You with it.’

You don’t have to carry this alone.”

(brief pause)

You (prayer):

“Jesus, right now, we give You the pieces of our heart everything that’s too heavy to carry - every anxious thought, every memory, every fear of the future.

You are peace. You are comfort. You are healer.

We choose to step into healing with You today.”

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### **Final Declaration (Together)**

“My mind will find peace.  
My heart will find hope.  
My story will not end in pain.  
Today, I’m stepping into healing.  
And I’m never going back.”

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### **Series Continuation**

You:

“If this morning spoke to you — don’t do life alone.

Talk to someone. Pray with someone.

And take the next step — maybe it’s therapy, maybe it’s prayer, maybe it’s both.

God works through both faith and process.

And next Sunday... we’re talking about one of the hardest and most important topics of all —  
Abortion & Life.

It’s going to be honest, redemptive, and full of grace and truth.

Bring someone with you. Let’s keep talking about it.”