



Series Summary: In this series we will be primarily looking at the Psalms as we approach topics such as fear, stress, anxiety, worry, and depression. The Psalms are simply lyrics. They are words that are meant to be put to music and are an important part of the Bible because they express the full range of human emotion. They give us an example of how we are to navigate our emotions and feelings in a way that is authentic but also honoring to God. These topics are realities for every human being in some capacity, and especially in high school, they can be big pitfalls for us as we try to grow in faith and spiritual maturity. Sometimes our fear or anxiety or depression can cause us to lose sight of God and can hinder us from growing closer to Him. The Psalms teach us how to both experience anxiety, depression, stress, etc. and move through it in a way that keeps our eyes on Jesus and honors Him in the process. Our goal in this series is not to necessarily address the scientific and physical parts of these topics, but rather to address the spiritual nature of them as we look to God’s Word for direction.

Series Schedule:

Week 1: Tod Talk

Week 2: Fear – Psalms 3, 23, 27, 34, 56, 91

Week 3: Depression – Psalms 6, 40, 43, 61

Week 4: Anxiety – Psalms 62, 94, 116, 121, 139

Week 5: Stress/Worry – Psalms 29, 31, 46

Series Resources Ideas:

- Psalms reading plan for the 6 weeks we are in this series. (In binders and emailed)
- Book: “And I Will Praise Him: A guide to Worship in the Psalms” – Ronald Allen
- Book: “Mental Health and the Church” – Stephen Grcevich
- Podcast: Mixed Messages with Jeff Bogue
- Podcast: The Porch – Young Adult Ministry of Watermark Community Church
- Spotify Playlist of songs that are directly from the Psalms:

<https://open.spotify.com/playlist/3EorpiPqORiPivt1hU1Loo?si=CHM2JnHLSUeIZfaCcjxbxw>