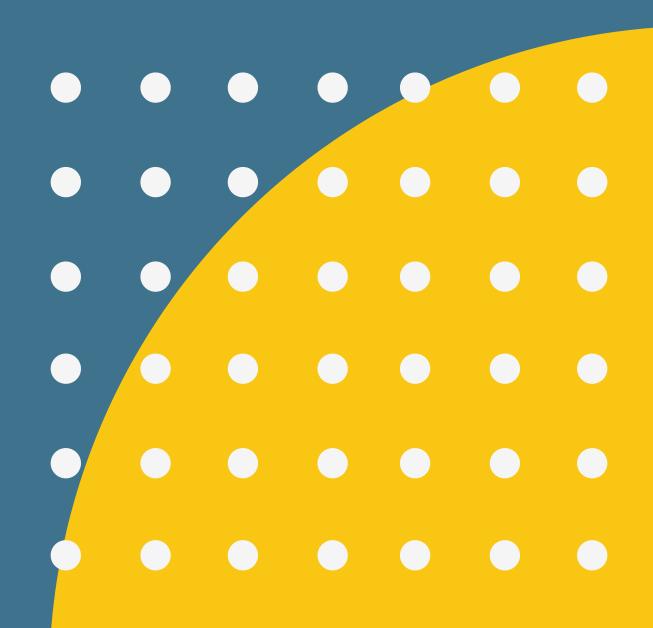
# ANXIOUS FOR NOTHING

JOIN US LIVE

starter pack

FACEBOOK.COM/THECHAPELBR YOUTUBE.COM/THECHAPELBR

@ 9:00, 10:45, 2:00, & 4:00





## **FOR ADULTS:**

Walking on Water When You Feel Like You're Drowning, Tommy Nelson

<u>It's Not Supposed to Be This Way, Lysa TerKeurst</u>

When the Darkness Will Not Lift, John Piper

Rhythms of Renewal, Rebekah Lyons

Living with Depression, Elaine Brown

# **FOR KIDS:**

<u>It Will Be Okay, Lysa TerKeurst</u>

Zoe's Hiding Place, David Powlison

Quinn's Promise Rock, Christie Thomas



# **BATON ROUGE LOCATIONS:**

Baton Rouge Christian Counseling

Veritas Counseling

<u>CrossRoads Professional Counseling</u>

**ONLINE OPTIONS:** 

<u>BetterHelp</u>

Faithful Online Counseling

# OTHER RESOURCES

articles, playlists, videos, Bible

## **ARTICLES:**

<u>Responding Depression</u>, Gospel Coalition

Too Depressed To Believe What We Know, Desiring God

## **PLAYISTS:**

Truth Reminders

## PROGRESSIVE MUSCLE RELAXATION FOR ANXIETY:

Video Guide

## **BIBLE READING PLANS:**

Pray Through Scripture: Anxiety

Combating Anxiety With God's Word

<u>Depression Through the Psalms</u>

Anchored: Through Deep Waters

**VERSES & PRAYERS:** 

Through the Waves Guide