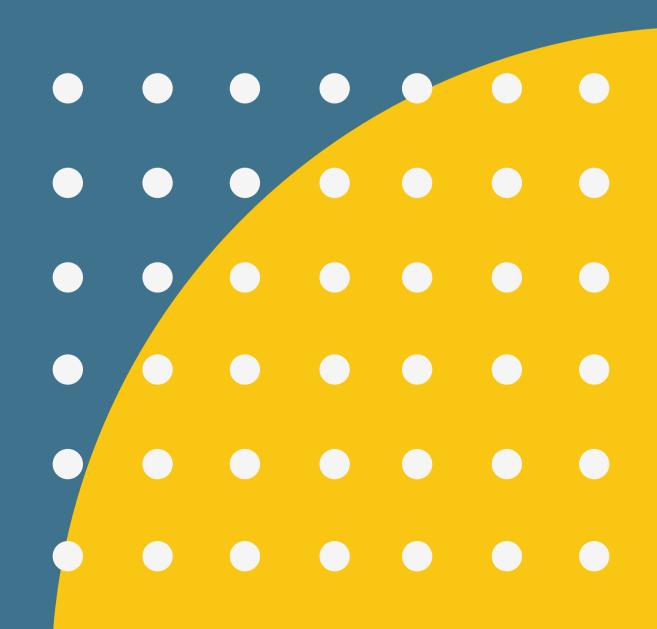
# ANXIOUS FOR NOTHING

JOIN US LIVE

starter pack

FACEBOOK.COM/THECHAPELBR YOUTUBE.COM/THECHAPELBR

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





# **FOR ADULTS:**

<u>Walking on Water When You Feel Like You're Drowning, Tommy Nelson</u>

<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

<u>Living with Depression</u>, 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

CrossRoads Professional Counseling

**ONLINE OPTIONS:** 

<u>BetterHelp</u>

Faithful Online Counseling

# OTHER RESOURCES

articles, playlists, videos, Bible

# **ARTICLES:**

Responding Depression, 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>

<u>Anchored: Through Deep Waters</u>

**VERSES & PRAYERS:** 

Through the Waves Guide