

EMOTE CONTROL – PART 8 – OVERCOMING DEPRESSION



1) WHAT IS DEPRESSION

Depression is a complex issue. It is usually the result of a _____, rather than the consequence of an _____.

Deuteronomy 28:65-67; Psalm 42 and 43; Psalm 77:7-9; Proverbs 13:12; Proverbs 17:22

2) THE SIGNS OF DEPRESSION

Depression is marked by feelings of _____ and _____.

3) THE CAUSES OF DEPRESSION

- a) Physical / Physiological
- b) Spiritual
- c) Events
- d) Stress
- e) Negative Thoughts
- f) Spiritual Warfare

4) DEALING WITH DEPRESSION

- a) Don't neglect your body.
- b) Seek competent medical help for prolonged periods of depression.
- c) Deal with the soul.
 - i.) Confess and repent of known sin (*Psalm 32*)
 - ii.) Replace lies with truth (*2 Corinthians 10:3-5*)

REFLECT

- *Am I prone to extended periods of depression? Have I recognized the source or cause of my depression?*
- *What faulty thinking has led me to believe lies about myself, my situation or my future that has led me to depression? What truths do I need to believe to replace these lies?*
- *Who do I need to admit my struggle to and ask for their help?*