

Oct 4, 2015

**PROVERBS – GAINING WISDOM AND INSIGHT FOR LIFE (Pt 14)**  
**THE ROOT OF THE RIGHTEOUS (Pt 2)**  
**OVERCOMING DEPRESSION – PROVERBS 12:3, 12, 25**

**PROVERBS 12:3**

Deeper Root – a character that runs \_\_\_\_\_ than depression

Deeper Root – a character that can still see God \_\_\_\_\_ in the darkest seasons of our life

**DEPRESSION – THE CAUSE AND THE CURE**

**1) THE CAUSE – DEADLY \_\_\_\_\_ (Prov 12:25a)**

**PHILIPPIANS 4:6,7**

The Peace of God (v7) – can be tangibly \_\_\_\_\_ and \_\_\_\_\_

The Peace of God (v7) - Prevents your \_\_\_\_\_ and \_\_\_\_\_ from being damaged by the \_\_\_\_\_ things you are facing

**1 PETER 5:7**

An Admission: I \_\_\_\_\_ too much

An Understanding: I am carrying a \_\_\_\_\_ that God does not intend for me to \_\_\_\_\_

A Response: I will \_\_\_\_\_ upon the Lord something that worries me

**2) THE CURE – A GOOD \_\_\_\_\_ (Prov 12:25b)**

A Good Word? That God does not \_\_\_\_\_ us in depression

**Example: David (Psalms 42)**

David's \_\_\_\_\_ about his depression: admits he is \_\_\_\_\_ (v3,5)

David's \_\_\_\_\_ of depression: “ \_\_\_\_\_ ” about his enemies (v10)

David's \_\_\_\_\_ in depression: to \_\_\_\_\_ God (v1,11)

**TRUSTING GOD IN DARKNESS – *Insights from Isaiah***

***Isaiah 50:10,11***

Trust God in your \_\_\_\_\_ (*Is 50:10*)

**DO NOT** light your own \_\_\_\_\_ (*Is 50:11*)

***Isaiah 45:3*** – there are some things that must be learned in \_\_\_\_\_ that cannot be learned anywhere else

***Psalms 42:7, 8***