

How do you typically handle negative or depressing thoughts and feelings? What would it look like to validate your emotions and label your feelings while also remembering they aren't permanent?

Talk about a time when God brought you hope and help in a difficult moment. What did you learn about Him through that experience?

Listen to Freedom to Feel on the You've Heard It
Said podcast: <http://www.go2.lc/YHIS52>

Find more mental health resources: www.life.church/mentalhealth
Start the Wisdom for Mental Health Bible Plan using Plans With
Friends: www.go2.lc/mentalhealthplan

- **Naming your emotions opens the door to changing your emotions.**
- **We're not going to make permanent decisions based on temporary emotions.**

Yet this I call to mind and therefore I have hope: ²²Because of the LORD's great love we are not consumed, for his compassions never fail. ²³They are new every morning; great is your faithfulness.

Lamentations 3:21-23 NIV

“The Lord's great love”: *hesed*

**Unbreakable devotion to God's promises.
Covenantal commitment to God's character.**

“His compassions”: *rahamaw*

I say to myself, *“The LORD is my portion; therefore I will wait for him.”* ²⁵*The LORD is good to those whose hope is in him, to the one who seeks him; ²⁶it is good to wait quietly for the salvation of the LORD.* Lamentations 3:24-26 NIV

TALK IT OVER

Read Lamentations 3:21-23. What are some things that help you remember God's love and goodness in the midst of difficult seasons?

Peace of Mind — Week 3

Two Truths to Remember When You're Battling Depression

Anxiety in the heart of man causes depression, but a good word makes it glad. Proverbs 12:25 NKJV

Four Root Causes of Depression

- **Biological**
- **Relational**
- **Circumstantial**
- **Spiritual**

I am the man who has seen affliction by the rod of the LORD's wrath. ²He has driven me away and made me walk in darkness rather than light ... ⁵He has besieged me and surrounded me with bitterness and hardship. ⁶He has made me dwell in darkness like those long dead. ⁷He has walled me in so I cannot escape; he has weighed me down with chains. ⁸Even when I call out or cry for help, he shuts out my prayer. ... ¹⁷I have been deprived of peace; I have forgotten what prosperity is. ¹⁸So I say, "My splendor is gone and all that I had hoped from the LORD." ¹⁹I remember my affliction and my wandering, the bitterness and the gall. ²⁰I well remember them, and my soul is downcast within me. Lamentations 3:1-2, 5-8, 17-20 NIV

Two Truths to Remember When You're Battling Depression

- 1. Your emotions are valid. But they're not permanent.**
- 2. Your situation feels hopeless. But with God, there's always hope.**