



157 1 87 67 3

resilient **MINDS**

pt. 2
july 8th
1 thess. 5:23-24

8111 09 11 11867 615 7 1 87 67 3

3 John 1:2

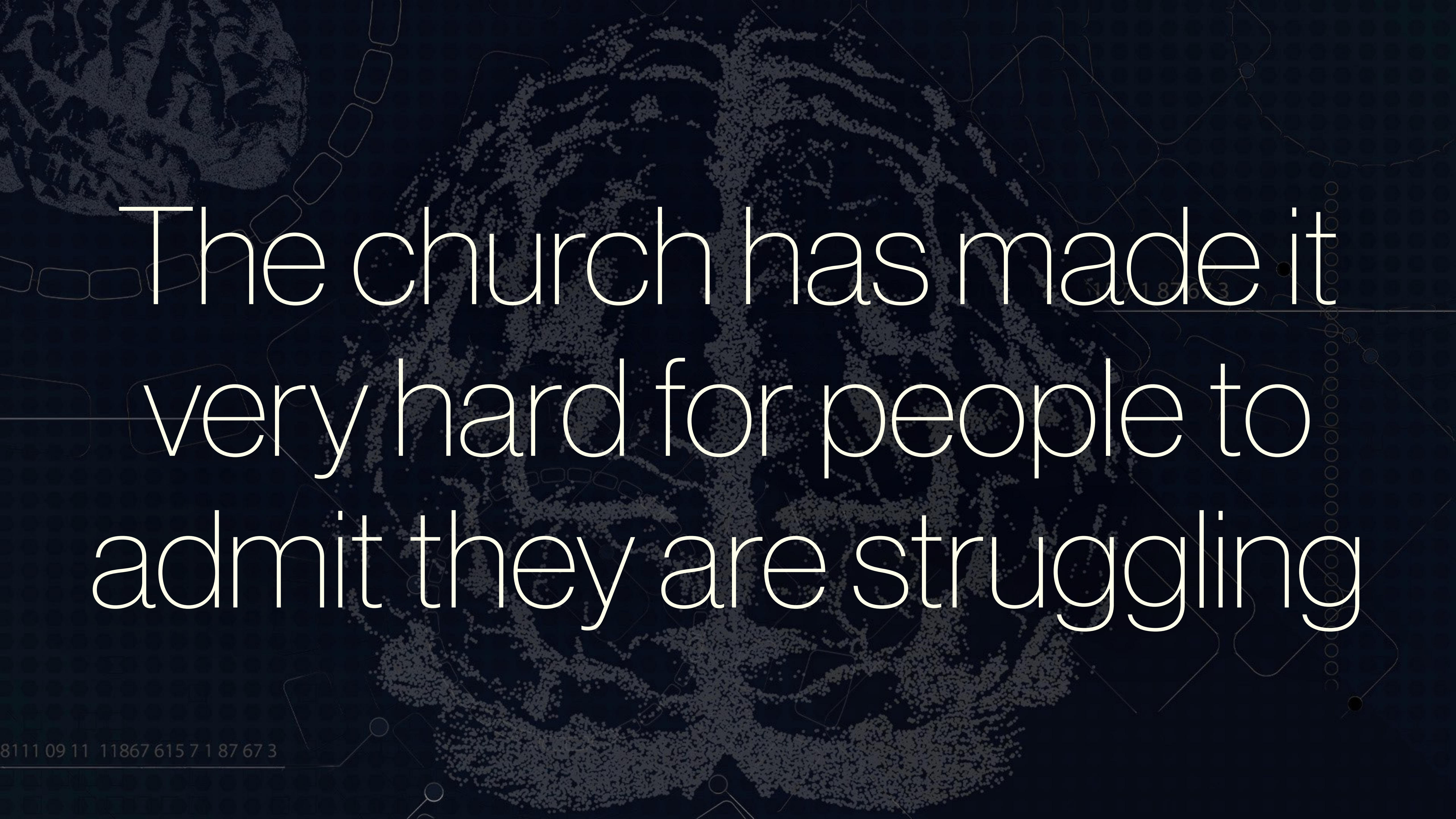
Beloved, I wish above all things
that thou mayest prosper and
be in health, even as thy
soul prospereth

John 10:10

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have [it] more abundantly

Principle 1:

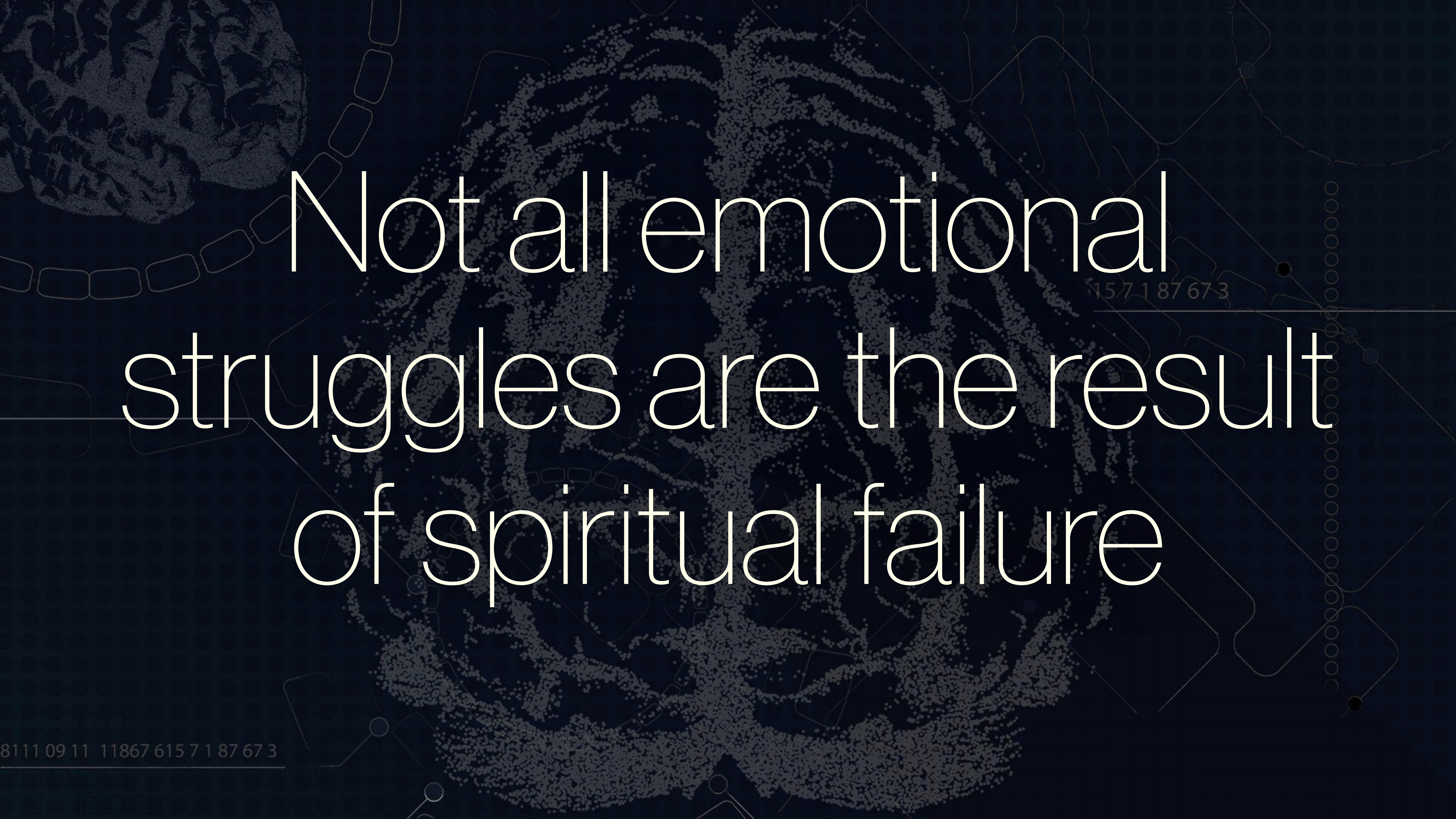
Removing the Stigma
of Depression



The church has made it
very hard for people to
admit they are struggling

Hebrews 11:1

Now faith is the substance
of things hoped for, the
evidence of things not seen



Not all emotional
struggles are the result
of spiritual failure

1 Kings 19:4

But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I [am] not better than my fathers

1 Kings 19:4

O LORD, take
away my life



Depression blinds you to all
the good things that you
have achieved in life and
literally magnifies all your
failures and disappointments

1 Kings 19:5-6

And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise [and] eat. 6 And he looked, and, behold, [there was] a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again.

James 5:16

Confess [your] faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.



Jeremiah 20:14

Cursed [be] the day wherein
I was born: let not the day
wherein my mother bare me
be blessed.

Psalms 42

When I remember these [things], I pour out my soul in me: for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday. 5 Why art thou cast down, O my soul? and [why] art thou disquieted in me?



Principle 2:

Getting to the Root
of Depression

1 Thessalonians 5:23

And the very God of peace
sanctify you wholly; and [I pray
God] your whole spirit and soul
and body be preserved
blameless unto the coming of our
Lord Jesus Christ.



Many people spend their
lives trying to change how
they feel while never asking
what has been feeding
those feelings for years

Root #1- Rejection

The Wound Beneath
Many Wounds

Rejection is more than
feeling left out. It is the
belief that something is
wrong with me

Proverbs 18:14

The spirit of a man will
sustain his infirmity; but
a wounded spirit who
can bear?



Root #2

Perfectionism

Perfectionism is a mindset
rooted in the belief that you must
perform and measure up in order
to be acceptable to other people
— to yourself and even to God

Luke 10:38-42

Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. 39 And she had a sister called Mary, which also sat at Jesus' feet, and heard his word.

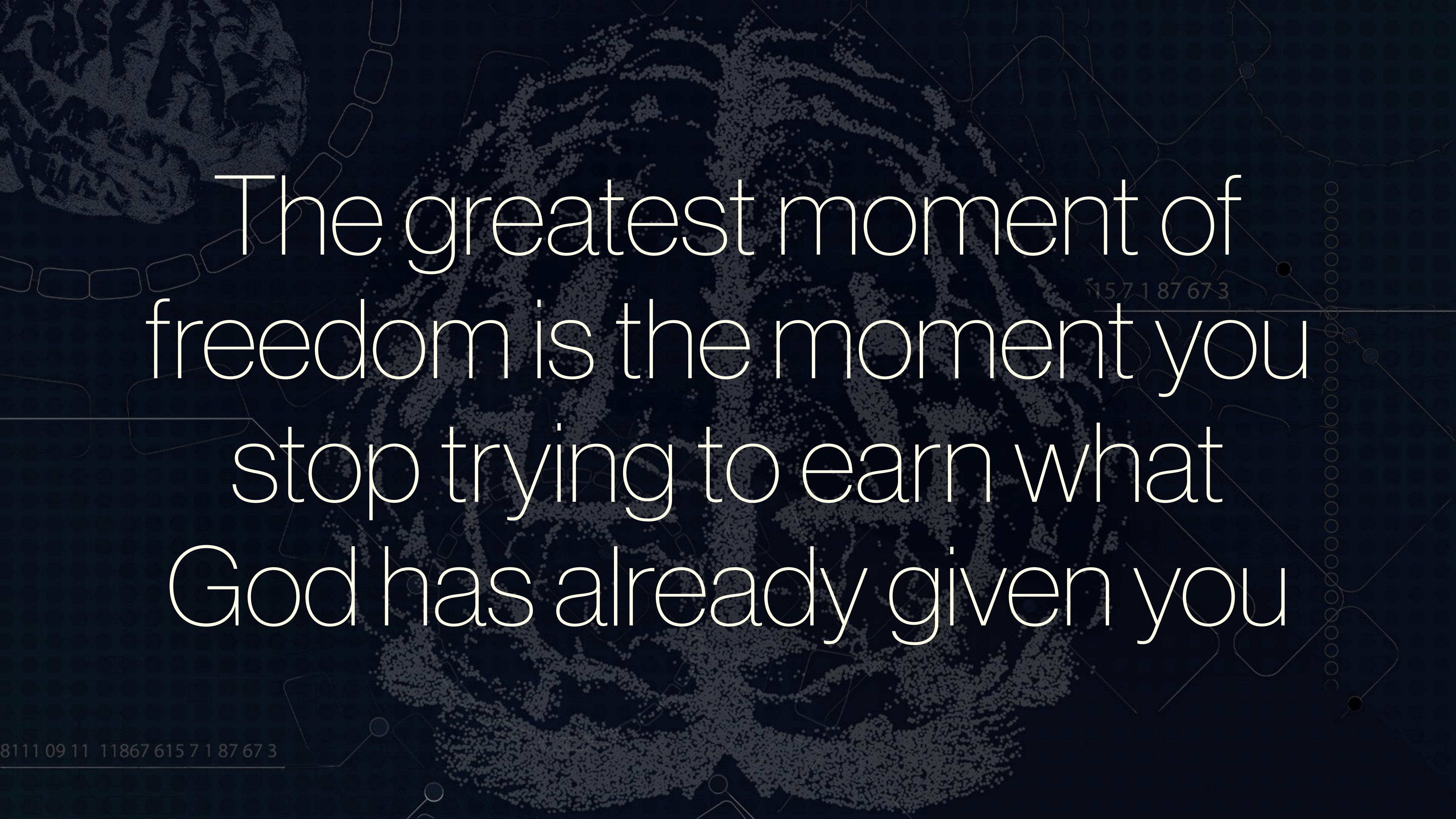


Luke 10:38-42

40 But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. 41 And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things:

Luke 10:38-42

42 But one thing is needful:
and Mary hath chosen that
good part, which shall not be
taken away from her.



The greatest moment of
freedom is the moment you
stop trying to earn what
God has already given you

Root #3

Chronic Stress

Matthew 11:28-30

Come unto me, all ye that labour
and are heavy laden, and I will give
you rest. Take my yoke upon you,
and learn of me... For my yoke is
easy, and my burden is light



Root #4

Spiritual Warfare

Revelation 12:10

And I heard a loud voice saying in heaven,
Now is come salvation, and strength, and
the kingdom of our God, and the power of
his Christ: for the accuser of our brethren is
cast down, which accused them before
our God day and night

John 8:44

Ye are of your father the devil, and the
lusts of your father ye will do. He was a
murderer from the beginning, and
abode not in the truth, because there is
no truth in him. When he speaketh a lie,
he speaketh of his own: for he is a liar,
and the father of it



2 Corinthians 10:5

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ

Principle 3:

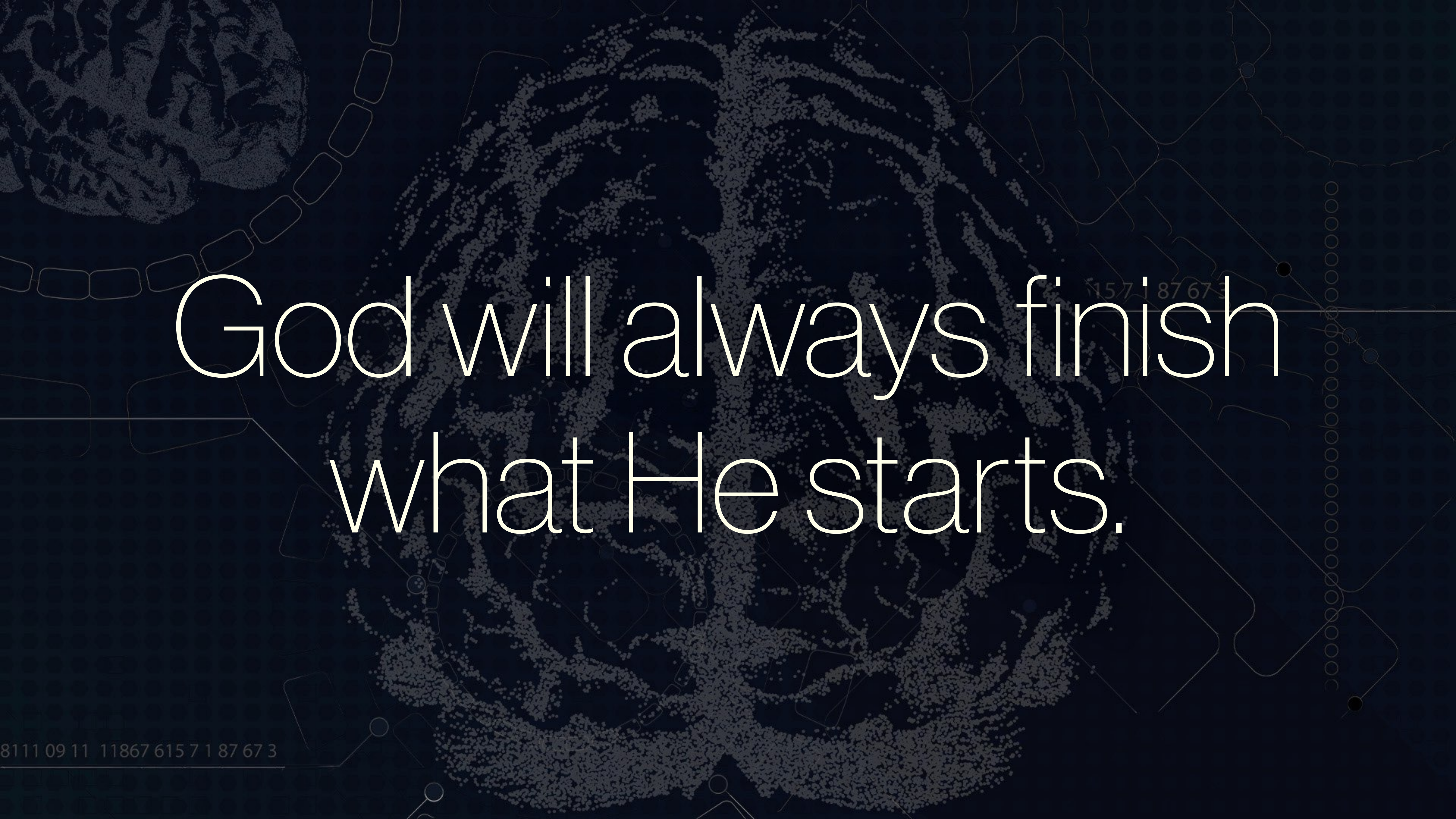
Healing is a Journey
— Not an Event

God is just as present in
the process as He is in
the miracle

Psalm 40:1-3

I waited patiently for the LORD;
and he inclined unto me, and
heard my cry. He brought me up
also out of an horrible pit...and set
my feet upon a rock...and
established my goings.



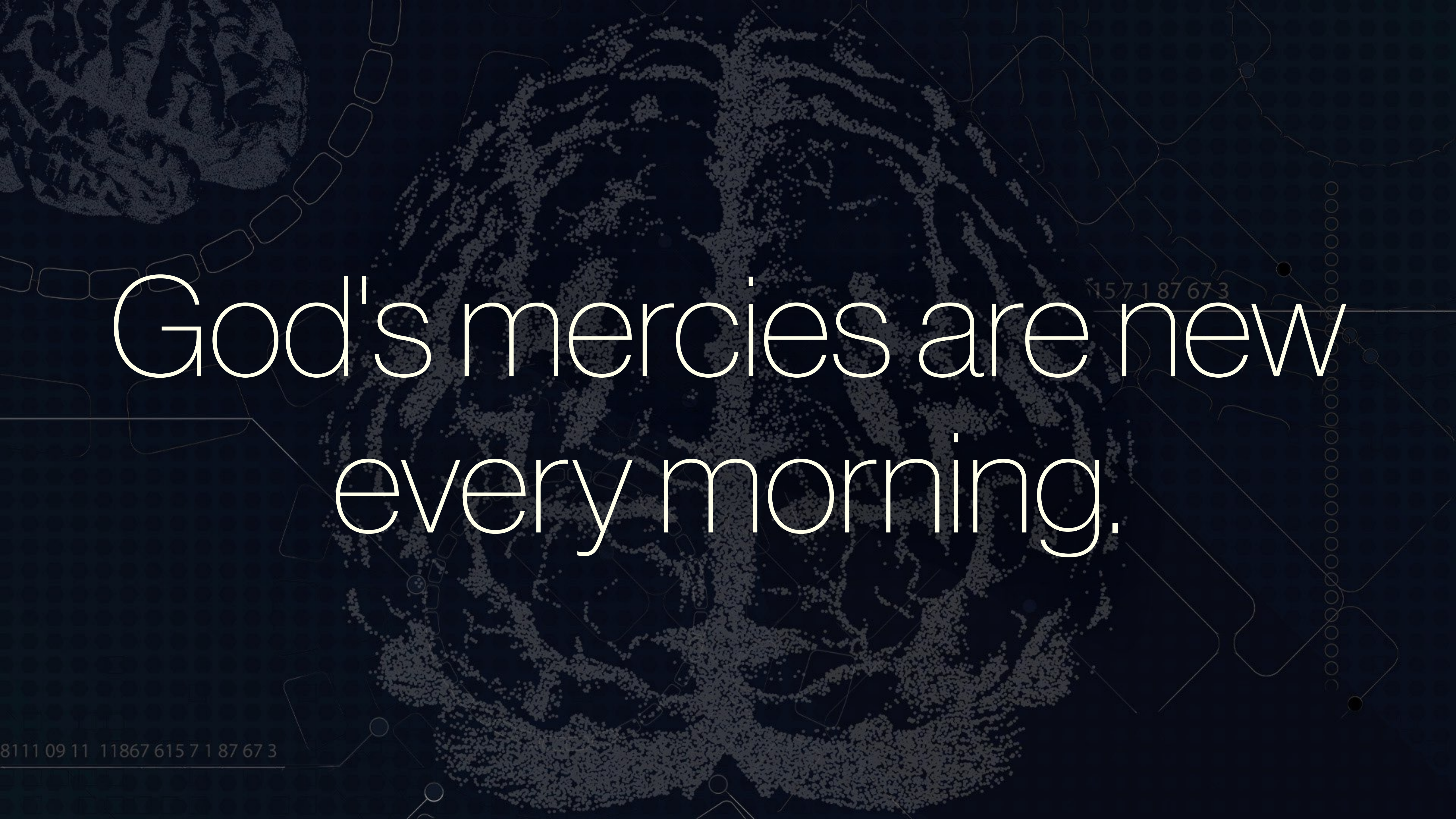


God will always finish
what He starts.

Philippians 1:6

Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.



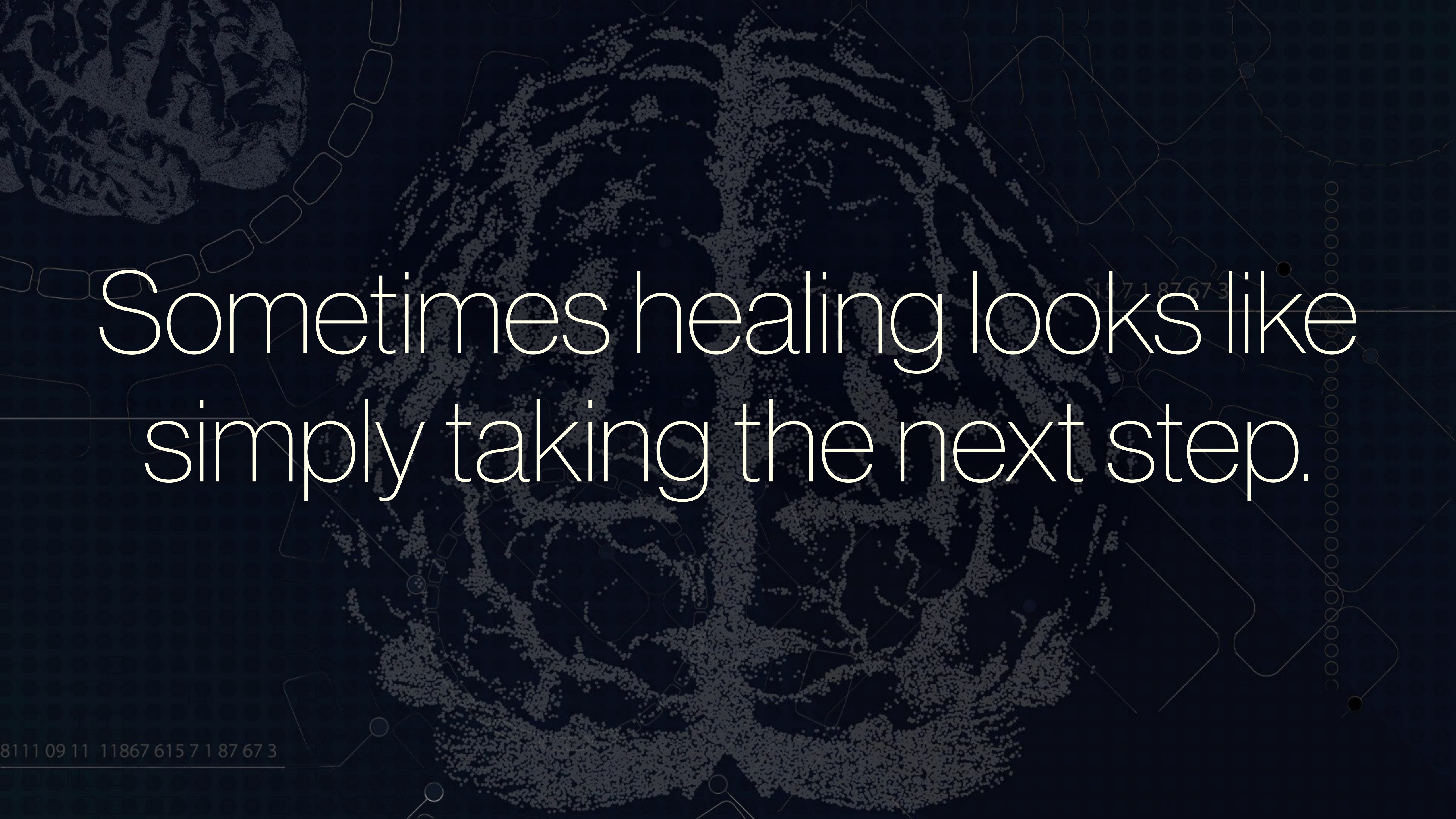


God's mercies are new
every morning.

Lamentations 3:21-23

This I recall to my mind, therefore
have I hope... It is of the LORD'S
mercies that we are not
consumed... they are new every
morning: great is thy faithfulness.





Sometimes healing looks like
simply taking the next step.

Proverbs 4:18

But the path of the just is as
the shining light, that
shineth more and more
unto the perfect day.





Never despise
small victories.



Keep bringing your
thoughts back to Christ.

2 Corinthians 10:5

Casting down
imagination... bringing into
captivity every thought to
the obedience of Christ.



Hebrews 13:5

Let your conversation [be]
without covetousness; [and be]
content with such things as ye
have: for he hath said, I will never
leave thee, nor forsake thee.



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