

I didn't like the way I raised her/him  
I made so many mistakes  
I failed  
I won't reach it  
Moms face depression more than any other family member...why?  
Because the enemy is always going after the jugular (she is the neck)!  
Easiest place to displace the head is at the neck.  
The Spirit of the Lord is the Spirit of Encouragement  
If you don't conquer depression/discouragement ...depression will conquer you

How does depression set in?

\*\*Distaste for my Present

\*\*Disgust for my Past

\*\*Distrust for my Future

Depression is the greatest weapon of the Devil.  
He wants you to miss how God's has blessed and brought you hope.

### **How do you know if you are depressed?**

#1 When all you see is the fault and never see the remedy

#2 When you see is despair and never see hope

#3 When all you do is criticize and never see possibility

#4 What's the use attitude, instead of WOW attitude.

Is Jesus the King of Kings over your life

Romans 5:17 *"For if by the one man's offense death reigned through the one, much more those who receive abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ."*

God's picture of you is not to be beat up and depressed but to Reign!

Don't probate your joy...you will never be happy.

Long lasting depression is not God's will.

The Devil is a bully, and you don't need God to stop him, just apply what you know!

You need to Stop ...

### **Doubting**

Rom 8:39 *"nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."*

Not even discouragement or depression.

The enemy exaggerates – Numbers 21 "we have no food"

They had bread and water every day in the wilderness.

1 Cor 10:4 *"For they drank of that spiritual Rock that followed them, and that Rock was Christ."*

You get discouraged that God isn't going to finish what he started.

Rom 8:28 *"He who began a good work in you will completes it."*

Depression, Discouragement, Doubt

**Pouting**

Pity Parties send invites only to the devil.

Ps 107:27 *"They reel to and fro, and stagger like a drunken man, and are at their wit's end."*

**Rerouting**

Changing your vision for your future

Changing your faith for your kids

Changing your dreams for your marriage

Jonah was discouraged...he jumped off the boat.

Nineveh worshiped a fish...he was swallowed by a fish.

How did he change the whole city with one message?

Cause God used where he came from...he wants to use your story to bring Him glory

Divorce, your rebellious child, your financial woes, because God is going to use it!

Num 21:9 *"Then anyone who was bitten by a snake could look at the bronze snake and be healed!"*

Overcome the poison of depression and discouragement by looking at The Cross that has overcome your past!!