



## Beyond the Sermon

A Sermon Application Guide

**Title: Out of the Void**

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

### Message Theme

Rise Above - Victory Over Depression

### Prayer Focus

*God, I thank you for the honor of knowing that you paid the price for my sin. I am so grateful that you have called me yours and equipped me with unique gifts to benefit the kingdom. You want what is best for me and you always provide for my needs. You are such a good father. Amen*

### Key Truths

This time of year it can be easy to feel discouraged. A story in the Bible that contains feelings we can relate to is found in the book of 1 Kings when Elijah goes from an extreme high to an extreme low. He starts by proving how worthy our God is to all of the false prophets and in the very next story he is asking God to let him die. His wrong thinking brought wrong emotions and feelings. When we don't practice being thankful, it does something inside of us. When we get blessed, it's natural to think it was us but we have to keep in mind that all of our blessings come from God. He is always looking out for us even when it's hard to see.

Envy is when we focus on what we don't have. When we take the posture of envy, it's hard to notice and be thankful for the opportunities and gifts that we have. Rather than being grateful we focus on what we don't have and get upset with God.

Another thing that can kill our thankfulness is comparison. Every person has equal value but not equal ability. We all have different strengths and weaknesses and when we compare our strength to someone else's weaknesses we think we're better than them. In the same way, when we compare someone's strengths to our weaknesses, we think we are less important. The Bible points out that it is unwise to compare ourselves to others. We are all built uniquely different from each other on purpose. We can't develop what God hasn't put inside of us, but we can focus on what he has given to us and work on growing in that area.

The good news is that God has promised us perfect peace if our mind stays on him. The Bible gives us a list of things to keep our mind focused on in Philippians 4:6-8.

## Practical Application

The greatest mental health agent is having a thankful and a grateful heart and focusing on the blessings. As you go through and read the Bible, see what you can apply to your own life and where you can give thanks. Giving thanks IN everything is different than giving thanks FOR everything.

## Reference Verses

- James 5:17-18
- 1 Kings 19:1-4
- 1 Thessalonians 5:18
- Romans 1:19-23
- Isaiah 5:20-21, 26:3
- Deuteronomy 8
- 2 Corinthians 10:12, 10:3-5
- Matthew 25:15
- Proverbs 14:30
- Luke 12:15
- Ecclesiastes 5:10
- Phillipians 4:6-8

## Declarations

*Jesus is my healer. Jesus wants me well.*

*The power of God is available for me to be healed.*

*God wants what is best for me and has good things for me.*

## What's Next?

Now it's time to write down anything the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.

## Scripture References

### Out of the Void

**James 5:17 AMPC** Elijah was a human being with a nature such as we have [with feelings, affections, and a constitution like ours];...

**James 5:18 AMPC** ... and he prayed earnestly for it not to rain, and no rain fell on the earth for three years and six months. And [then] he prayed again and the heavens supplied rain and the land produced its crops [as usual].

### **1 Kings 17-18 NKJV REF**

**1 Kings 19:1-4 NKJV** And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time." And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there. But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, Lord, take my life, for I am no better than my fathers!"

**1 Peter 5:8-9 NKJV** Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him...

**1 Thessalonians 5:18 NKJV**... in everything give thanks; for this is the will of God in Christ Jesus for you.

**Romans 1:21-22 NKJV** ...because, although they knew God, they did not glorify Him as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened. Professing to be wise, they became fools...

**Isaiah 5:20-21 NKJV** Woe to those who call evil good, and good evil; Who put darkness for light, and light for darkness; Who put bitter for sweet, and sweet for bitter! Woe to those who are wise in their own eyes, And prudent in their own sight!

**Deuteronomy 8:12-14 NKJV**...lest—when you have eaten and are full, and have built beautiful houses and dwell in them; and when your herds and your flocks multiply, and your silver and your gold are multiplied, and all that you have is multiplied; when your heart is lifted up, and you forget the Lord your God who brought you out of the land of Egypt, from the house of bondage...

**Deuteronomy 8:17-18 NKJV** ...then you say in your heart, 'My power and the might of my hand have gained me this wealth.' "And you shall remember the Lord your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day.

**2 Corinthians 8:12 NKJV** For if there is first a willing mind, it is accepted according to what one has, and not according to what he does not have.

**2 Corinthians 10:12 NKJV** For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.

**Ecclesiastes 5:10 NKJV** He who loves silver will not be satisfied with silver; Nor he who loves abundance, with increase.

**Isaiah 26:3 NKJV** You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

**Mark 4:26-29 NKJV REF** And He said, "The kingdom of God is as if a man should [a]scatter seed on the ground, and should sleep by night and rise by day, and the seed should sprout and grow, he himself does not know how. For the earth yields crops by itself: first the blade, then the head, after that the full grain in the head. But when the grain ripens, immediately he puts in the sickle, because the harvest has come."

**Mark 5:25-34 NKJV REF** Now a certain woman had a flow of blood for twelve years, and had suffered many things from many physicians. She had spent all that she had and was no better, but rather grew worse. When she heard about Jesus, she came behind *Him* in the crowd and touched His garment. For she said, "If only I may touch His clothes, I shall be made well." Immediately the fountain of her blood was dried up, and she felt in *her* body that she was healed of the [a]affliction. And Jesus, immediately knowing in Himself that power had gone out of Him, turned around in the crowd and said, "Who touched My clothes?" But His disciples said to Him, "You see the multitude thronging You, and You say, 'Who touched Me?' " And He looked around to see her who had done this thing. But the woman, fearing and trembling, knowing what had happened to her, came and fell down before Him and told Him the whole truth. And He said to her, "Daughter, your faith has made you well. Go in peace, and be healed of your affliction."

**Philippians 4:8 KJV** Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

**2 Corinthians 10:3-5 NKJV** For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ...