

Peace of Mind Part 3
Two Truths to Remember When You're Battling Depression
Pastor Dwight Dalton

Prov 12:25 NKJV

Two Truths to Remember When You're Battling Depression

Four Root Causes of Depression

Biological

Relational

Circumstantial

Spiritual

Lamentations 3:1-2,5-8,17-20 NIV

- 1. Your emotions are valid. But they're not permanent.**

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

- 2. Your situation feels hopeless. But w/ God, there's always hope**

Lamentations 3:21 NIV

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

Lamentations 3:24-26 NIV