

FEELING SO 2020: WEEK 1, YOU'RE NOT CRAZY

Proverbs 23:7, "As a man thinketh in his heart, so is he"

- 1. You're not alone in this battle.**
- 2. You don't have a broken faith.**
- 3. God is still with you and for you.**

Elijah, "Lord, my dead ancestors in the grave are better off than I am. Take me now."

- 4. Depression is more than a spiritual issue.**

Proverbs 4:23 "Guard your heart above all else."

- 1. You've got to Battle for your heart.**

Psalm 42:5 Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again

1 Samuel 30:1-7 He encouraged / strengthened himself in the Lord.

- 2. You've got to Battle for your mind.**

Philippians 4:6-8 "Be anxious about nothing, but in everything through prayer and supplication, offer your request to God and fix your thoughts on that, which is true, and pure and honorable, and right, and lovely. Think about things that are excellent and worthy of praise."

1 Peter 5:7 Cast all your anxiety on the Lord because he cares for you.

2 Corinthians 10:5 We take captive every thought and make it obedient to Christ.

Acts 26:2 "I think myself happy."

Psalm 118:24 "This is the day the Lord has made. I will rejoice in it."

- 3. You've got to battle for relationships.**
- 4. You've got to battle like servant.**
- 5. You've got to Battle to battle to be fully alive.**
- 6. You've got to Battle for your worship.**

Praise and worship is a weapon against depression!

As the mind goes, the life goes.

As the heart goes, the life goes.