

**Winning the Battle over Depression
Winning the War in Your Mind – Part 5
New Song Community Church
September 18, 2022
Pastor Lane Olson**

Text: Ps. 30:1-5 (NLT)

A. Depression.

1. Definition is anger turned inward.
2. When we experience LOSS.
3. Depression is a season, not a destination.

B. Eternal Perspective.

1. This life is temporary.
2. What's really important.

2 Corinthians 4:17-18 (NLT)

C. The emotional hold of Depression is broken in the presence of the Lord.

1. Praise your way out of depression.

Psalms 22:3 (NLT)

2. In his presence is fullness of Joy.

Psalms 16:1 (ESV)

3. The Joy of the Lord is our strength.

Nehemiah 8:10 *...for the joy of the LORD is your strength!"*

D. We are better together.

1. Ask God to help you find a prayer/accountability partner.

Next Steps: Today I am:

1. Committing my life to Christ.
2. Asking God to deliver me from depression.
3. Asking God to help me find a prayer partner.