

OVERCOMING, Week 4
OVERCOMING DEPRESSION

The Truth About Depression:

- 1) It is not a _____ to be depressed
- 2) Getting _____ for depression is not a sin
- 3) I am not _____ when I am depressed
- 4) Depression causes me to _____ the negative
and _____ the positive.
- 5) If I'm depressed, I will not _____ or
_____, I will be _____ for _____
- 6) With God's help, I can _____ depression

In the Seasons of Depression:

1. Spend more time with the _____

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:31 (NIV)

2. Be _____
3. Spend less time on _____

4. Intentionally reconnect with _____ relationships

5. Disconnect from _____ relationships

6. Don't take _____

7. Take a depression _____

Assess the Following:

S _____

I _____

G _____

E _____

C _____

A _____

P _____

S _____

8. Remember the source of your _____ and _____

"Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows." Luke 12:6-7 (NIV)

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, O God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you." Psalms 139:13-18 (NIV)

"For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:10 (NIV)

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." Lamentations 3:22-23 (NIV)

"Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:28-31 (NIV)