

BATTLING DEPRESSION

Sermon Series - Peace of Mind: Jesus + Mental Health

Proverbs 12:25, Lamentations 3

FOUR ROOT CAUSES OF DEPRESSION

► Biological - Relational - Circumstantial - Spiritual

WHEN YOU'RE BATTLING DEPRESSION

2 Truths to Remember

- ❶ Your emotions are valid, but they're not permanent.
 - ✓ Naming your emotions opens the door to changing your emotions.
 - ✓ Never make permanent decisions based on temporary feelings.
 - ✓ Get better at feeling without being ruled by your feelings.
- ❷ Your situation feels hopeless, but w/ God there's always hope.
 - ✓ Call to mind God's promises and goodness.
 - ✓ You may want to pray, pause and praise your way to mental health.
 - ✓ Your posture reflects your mood, but your posture also improves your mood.

Bottom Line:

When He's in the throne, there's hope in your home.

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FOUR ROOT CAUSES OF DEPRESSION

► _____ - _____ - _____ - _____

WHEN YOU'RE BATTLING DEPRESSION

2 Truths to Remember

- ❶ Your emotions are _____, but they're not _____.
 - ✓ _____ your emotions opens the door to _____ your emotions.
 - ✓ Never make _____ decisions based on _____ feelings.
 - ✓ Get better at _____ without being _____ by your feelings.
- ❷ Your situation feels _____, but w/ God there's always _____.
 - ✓ Call to mind God's _____ and _____.
 - ✓ You may want to _____, _____ and _____ your way to mental health.
 - ✓ Your posture _____ your mood, but your posture also _____ your mood.

Bottom Line:

When He's in the _____, there's hope in your _____.