

PEACE of mind

TWO TRUTHS TO REMEMBER WHEN YOU ARE BATTLING DEPRESSION

Pastor Caleb Fauber - July 16, 2023

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Phillippians 4:6-9 NLT

Anxiety in the heart of man causes depression, But a good word makes it glad.

Proverbs 12:25 NKJV

4 Root Causes of Depression

- Biological
- Relational
- Circumstantial
- Spiritual

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

V1-2

I am the man who has seen affliction by the rod of the Lord's wrath. He has driven me away and made me walk in darkness rather than light;

V5-8

He has besieged me and surrounded me with bitterness and hardship. He has made me dwell in darkness like those long dead. He has walled me in so I cannot escape; he has weighed me down with chains. Even when I call out or cry for help, he shuts out my prayer.

V17-20

I have been deprived of peace; I have forgotten what prosperity is. So I say, "My splendor is gone and all that I had hoped from the Lord." I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.

Truth 1: Your emotions are valid.

Truth 2: Your situation feels hopeless.

Full Truth:

Truth 1: Your emotions are valid. But they are not permanent.

Truth 2: Your situation feels hopeless. But with God, there is always hope.



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ACKNOWLEDGE

- We are not going to make permanent decisions based on temporary emotions.
- Be led by your principles not by your circumstances.

Truth 2: Your situation feels hopeless. But with God, there is always hope.

Yet this I call to mind and therefore I have hope: 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 3:21-23 NIV

Your posture reflects your mood, but your posture can also impact your mood.

I say to myself, "The Lord is my portion; therefore I will wait for him." The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.

Lamentations 3:24-26 NIV

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Proverbs 12:25 NKJV