

BEAUTIFULLY BROKEN | trusting Jesus with toxic thoughts

Part 1: Depression | JAN 5 2020

HAPPY NEW YEAR?

Why do you think Christians are typically so reluctant to talk honestly about our psychological, mental, and emotional battles?

Why is it so important that Christians learn to be open about depression, anxiety, addiction, shame, and other toxic thought patterns?

DEFINING DEPRESSION

What is depression, and who is susceptible to it?

_____ is what happens when
we're no longer able _____.

BIBLICAL DEPRESSION

Where can we see signs of depression in the Bible?

DEPRESSION DETOX

For most of us, depression functions more like a chronic illness than a common cold. It doesn't just run its course and go away; we have to learn how to manage it. To that end, there are three critical things to keep in mind:

+ You're _____.

+ You're _____.

+ You're _____.

Bible Passages from Today's Message

1 Kings 19:4

[Elijah] prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."

Job 10:1

"I loathe my very life; therefore I will give free rein to my complaint and speak out in the bitterness of my soul."

Psalms 38:4

"My guilt has overwhelmed me like a burden too heavy to bear."

Mark 14:34-36

"My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch." Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."

Psalms 34:17-18

When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit.

Isaiah 41:10

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.