

Reply All:
Depression
September 19, 2021

- Defined: A mood disorder characterized by ANHEDONIA, extreme sadness, poor concentration, sleep problems, loss of APPETITE and feelings of guilt, helplessness and hopelessness.
- Theme: It's OKAY not to be okay. Sickness is not a SIN.
- Modern issues:
 - ✓ CELL PHONES and social media
 - ✓ Lack of IDENTITY
 - ✓ Inability to PROCESS PAIN
 - ✓ Peer to peer MENTORING
 - ✓ Narcissistic culture
- The enemy's plan - Lamentations 3:17-20; 2 Corinthians 1:8, 1 Kings 19:1-4
 - ✓ Faulty THINKING - Philippians 4:8-9
 - ✓ Living in ISOLATION - Ecclesiastes 4:12 NLT
 - ✓ Letting FEELINGS/ EMOTIONS lead us - John 8:32
 - ✓ Falling into the COMPARISON TRAP - Galatians 1:10
- God's plan for victory - 1 Kings 19:5-6
 - ✓ Get healthy PHYSICALLY - Psalms 127:2
 - ✓ Pour my HEART OUT of God - Matthew 11:28-29
 - ✓ Experience the POWER AND PRESENCE of God
 - Psalm 46:10a NLT
 - ✓ Let God give me a new PURPOSE and direction in life
 - 2 Corinthians 4:16-18