

Dealing with Depression

REST RELATIONSHIPS REPENTANCE REJOICING

<u>CIRCUMSTANCE</u>	<u>EMOTIONS</u>	<u>BEHAVIOUR</u>	<u>THE LIE</u>
Date Disaster <ul style="list-style-type: none"> • Hair Flop • Dress doesn't fit • Burnt Supper 	Sad Miserable Angry Ugly Failure Disappointment Stupid	Cry Angry at kids Give up Declare yourself worthless Push husband away	I'm a failure I'm not good enough Wonder why God hates me Everything always goes wrong I never succeed
	<u>THE TRUTH</u>	<u>EMOTIONS</u>	<u>BEHAVIOUR</u>
	Rom 8:38-39 Eph 3:18-19 Zeph 3:17 Isa 41:10 2 Cor 9:8	Comforted Safe Loved Thanksgiving Joy	Get back on mission Rejoice Laugh Sleep