

A HEALTHY WAY TO DEAL WITH DEPRESSION!

Psalm 42:1-5

6/13/10

- I. ACKNOWLEDGE THE EMOTION AND IDENTIFY THE SEVERITY OF IT!
- II. DECIDE WHO OR WHAT IS GOING TO BE IN CONTROL OF YOUR LIFE!
- III. SHARE THE CONCERN WITH GOD!
- IV. ASK YOURSELF, "WHAT IS THIS DEPRESSION TELLING ME?"
- V. IDENTIFY THE CAUSES – THERE IS USUALLY MORE THAN ONE CAUSE!
- VI. GET BUSY – MAKE THE CHANGES!