

***“Hope for Everyday”***  
***Part 4***

***“Anxiety in the heart of man causes  
depression,***

***But a good word makes it glad”***

***Proverbs 12:25 NKJV***

# Four root causes of depression

- Biological
- Relational
- Circumstantial
- Spiritual



***“ I am the man who has seen affliction by the rod of his wrath. He has driven me away and made me walk in darkness rather than light; indeed, he has turned his hand against me again and again, all day long. He has besieged me and surrounded me with bitterness and hardship.<sup>6</sup> 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.***

***<sup>8</sup>Even when I call out or cry for help, he shuts out my prayer.***

***Lamentations 3 : 1-3 6-8***

*I have been deprived of peace;  
I have forgotten what prosperity is.*

*<sup>18</sup>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.*

*<sup>20</sup>I well remember them,  
and my soul is downcast within me.*

*Lamentations 3 :17-20*

Emotions are valid but they are not Permanent  
The situation may feel hopeless, but with God,  
there is always hope



*Naming your emotions opens the door to  
changing your emotions*

**Don't make Permanent Decisions or Permanent Conclusions based on temporary emotions**

*Even when a situation feels hopeless; with God, there is  
always hope!*

*I well remember them, and my soul is downcast within me.*

*<sup>21</sup> Yet this I call to mind and therefore I have hope:*

*<sup>22</sup> Because of the LORD's great love we are not consumed,  
for his compassions never fail.*

*<sup>23</sup> They are new every morning;  
great is your faithfulness.*

*Lamentations 3 :20 -21*

*When it feels dark: acknowledge it*

*When it feels dark, acknowledge: I need help*

***24 I say to myself, “The LORD is my portion;  
therefore I will wait for him.”***

***25 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 3:24-25***

TO THIS WORLD BUT Be tRansFormed BY THE RENEWAL OF your MIND

you shall not walk in their statutes

Lev 18:3

Christ who lives in me

Gal 2:20

After the Image of it's Creator

Col 3:10

do not be conformed to the passions of your former ignorance

1 Peter 1:14

If anyone is in Christ he is a new creation

2 Cor 5:17

We are God's children now

1 John 3:2

Be Conformed to Christ we all... are being transformed into the SAME IMAGE from one degree of GLOBY to another

