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Mental Anguish & Depression: What Can I Do?

- **Having A Medical Condition Isn't A Sin**
- **What If We Changed Our Approach To The Negative Feelings In Life?**

Romans 8:20-21 - *Against its will, all creation was subjected to God's curse. But with eager hope,²¹ the creation looks forward to the day when it will join God's children in glorious freedom from death and decay.*

- **Is It Wrong For Us To Feel Discouraged?**

Psalms 13:1-2 - *O Lord, how long will you forget me? Forever? How long will you look the other way?² How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?*

Lamentations 3:17 - *Peace has been stripped away, and I have forgotten what prosperity is.*

- **How You Respond To Your Emotions Will Often Determine Where You End Up And For How Long**
 1. **Say No To Your Emotions And Yes To Intimacy With God.**
- **God's Word, Not My Emotional Perception, Is My Confidence**

Hebrews 11:1 - *Faith shows the reality of what we hope for; it is the evidence of things we cannot see.*

2 Corinthians 5:7 - *For we live by believing and not by seeing.*

2 Corinthians 4:7-9 - *We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves.⁸ We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair.⁹ We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.*

- **Perseverance Shapes Powerful Habits In Your Behavior**

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2 Timothy 1:11-12 - ...*God chose me to be a preacher, an apostle, and a teacher of this Good News.* ¹² *That is why I am suffering here in prison. But I am not ashamed of it, for I know the one in whom I trust, and I am sure that he is able to guard what I have entrusted to him until the day of his return.*