

Beating Depression

Our Mission: To take as many people to Heaven as we can, before we die. Period.

1. Focus on the right things.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. **Philippians 4:8 ESV**

"...take every thought captive to obey Christ." **2 Corinthians 10:5 ESV**

But he said, "Blessed rather are those who hear the word of God and keep it!" **Luke 11:28 NIV**

2. Change your language to faith-filled and positive.

"...let the weak say, I am strong." **Joel 3:10 KJV**

David was greatly distressed; for the people [spoke] of stoning him...but David encouraged himself in the Lord his God. **1 Samuel 30:6 KJV**

What then shall we say to these things? If God is for us, who can be against us?
Romans 8:31ESV

No, in all these things we are more than conquerors through him who loved us.
Romans 8:37 ESV

"I am an attractive person, filled with incredible talent and potential. I am alive and full of energy! Today is my opportunity to show the world just how great God is, in me."

"I feel great! I feel terrific!"

3. Encourage others.

Think of ways to encourage one another to outbursts of love and good deeds. And let us not neglect our meeting together, as some people do, but encourage and warn each

other... **Hebrews 10:24-25 NLT**

“...encourage each other and build each other up, just as you are already doing.”

Thessalonians 5:11 NLT

4. Set goals and do something towards them every day.

Hope deferred makes the heart sick, but a desire fulfilled is a tree of life. **Proverbs 13:12 NLT**

Give a portion to seven, or even to eight, for you know not what disaster may happen on earth. **Ecclesiastes 11:2 ESV**

Message Notes: The Holy Bible, New International Version, New Living Translation, English Standard Version, King James Version. *The Ten Minute Coach*, by Dan Lier, What To Say When You Talk to Yourself, by Dr. Shad Helmstetter, Ph.D. The 4:8 Principle, by Tommy Newberry.