

TAKEAWAY ACTION

I CHOOSE, by faith, to have a RELATIONSHIP
with God through Jesus Christ.

I CHOOSE, by faith, to trust in GOD'S GOODNESS,
and not in my own.

I CHOOSE, by faith, to put MY FAITH IN HIM,
not myself.

At GraceLife Church, our mission is drawing people
into a growing relationship with Jesus Christ!

MY NEXT STEP TODAY IS TO:

- Memorize *Psalms 42:11*- Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.
- Accept Jesus Christ as my Savior and Lord. 1st Time Recommit
- I choose to receive salvation God's way, by faith.
- I choose to live every day God's way, by faith.
- I will apply today's message by _____

For podcasts, past messages, Wednesday bible studies,
spiritual growth resources, and more, please visit us
online at GraceLifeNow.org,

Facebook, Twitter, and Instagram.

E-mail us at Info@GraceLifeNow.org

GraceLife Church, 919 Lincolnwood Lane, Longwood, FL 32750



UPCOMING EVENTS

- ⇒ Wednesday Night Service & Bible Study, 6:30 p.m. - 7:30 p.m.
- ⇒ Adult Sunday School - 9:30 a.m. (every Sunday except 2nd Sunday)
- ⇒ Mar 24th - 4th Sunday Lunch following 10:30 a.m. service
- ⇒ April 14th - 2nd Sunday Breakfast —9:30 a.m.



Selection from the Psalms Pt 9

Psalm 42 – Defeating Depression

Sunday, Mar. 17, 2019

Pastor Michael Weis / GraceLifeNow.org

Memory Verse

Psalm 42:11- Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Order of Service:

5 Before 5 (Last chance to get coffee)

Preparation for Singing – Prayer

Announcements

Prayer

Connection Card (please fill out and add prayer requests)

Singing

Video

Message

Prayer

Upcoming Events

Connection Card (time to get those praises & prayers listed)

Offering

Final Thoughts

We all sing “As we go”

Goodbye and God Bless

Please stay afterwards, talk and make a friend while having another cup of coffee.

A. Psalm 42:1-2 My Soul _____ GOD

B. Psalm 42:3-4 I _____ Joy

C. Psalm 42:5-6 Cast _____

D. Psalm 42:7-10 _____ in God

Roots of Depression

1. If you are struggling with this, you are not alone. One root is sin.
2. A second root is hopelessness.
3. A third root is deep emotional hurt.
4. Physical problems can be a fourth root of depression.

The Downward Spiral to Depression

1. *Disappointment*
2. *Disbelief and Discouragement*
3. *Despair*
4. *Defeat*
5. *Depression*
6. *Death*

Defeating Depression

Principles: You cannot overcome it alone. Spend time with the Lord, and find a healthy church. Memorize verses like Psalm 145:8-9.

1. Admit you have a problem!
2. Get into Scripture. Pray, and ask God to help you discern what the problem or problems.
3. Don't isolate yourself.
4. Go to the doctor. You may have a chemical imbalance.
5. Get some sleep.
6. Get some exercise.
7. Go to a good Christian counselor.
8. Give yourself time. This won't be fixed overnight.