

JANUARY 27, 2019

Lamentations 3:1-26

Overwhelmed: Choosing to Look Up when I Feel Down Speaker: Josh Weidmann

One in five people of the population will have at least one major episode of depression in their lifetime. Whether depression is caused by physical, emotional, or spiritual realities, and whether it is spontaneous or caused by a terrible circumstance, we can recall God's character even in the midst of it. In this message, we look at the way to deal with our depression biblically and discover the key to eradicating it every time it rears its ugly head. try to understand how to deal with feelings of anger, disappointment and angst in light of God's power, peace and joy.

THIS WEEK:

list with you for quick reference).

IIIIS WALLY.	
Make a list of 25 good things God has share the list with others.	given me and
Ask a friend to pray with me and help me to see God's goodness.	encourage
☐ Memorize Hebrews 4:15-16.	
■ Make a "Think and do" list of profitable think and do when I am feeling down	