



Sermon Notes: February 27th 2022

Navigating the Soul: Depression

Psalm 42

Depression is a Mood Disorder: 2 Categories

1. Organic - A disease of the _____
2. Functional - A disease of the _____

Observations: *Nearly all Acute and Accumulated expressions of Depression, whether Organic or Functional, are a product of poorly answering:*

1. What is your greatest _____?
2. What/Who are you _____ to?
3. What are you _____ on?

Conclusions:

To have moments of emotional depression is completely normal and even sometimes designed by God for our spiritual growth in humility, dependance, and holiness. Depression that is the result of issues of the heart can be handled with correct biblical counseling. Depression that is the result of bodily issues can also be addressed by correct biblical counseling to help the afflicted person find hope in the midst of pain.

1. You will not _____ depression
2. You must _____ it, _____ it, and _____ it
3. You must be _____ with what your soul longs for, listens to, and dwells upon

Application:

1. Change your _____
2. Saturate your _____ with truth
3. Bring your sorrow and pain to _____
4. Make _____ the direction of your hope and desire