***JON’S SERMON OUTLINE….***

GET WITH IT!

*Why are you cast down, O my soul? And why are you so disturbed within me? Hope in God, for I shall yet praise Him for the help of His countenance.*  Psalm 42:5

Introduction: Ever question yourself about why you’re feeling the way you are? You’re trying to have a pep rally within, aren’t you? It’s your way of dealing with depression. Why not let God in as you engage in this internal dialog? That’s what the psalmist did in Psalm 42:5.

1. GET A NEW \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:

a. When you say, “I can’t”, it may be because you simply won’t.

b. Believe Christ can empower you to do all things (Philippians 4:13).

2. GET INTO THE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:

a. What is controlling your mind?

b. Let your mind be transformed by the Word (Romans 12:2).

3. GET RID OF \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:

a. When you get angry at someone, don’t stay angry (Ephesians 4:26).

b. Forgiveness is a vital part of defeating depression.

4. GET EXCITED ABOUT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:

a. We have too many blessings in life to stay depressed.

b. It’s time to give it all your might (Ecclesiastes 9:7-10).

5. GET WITH \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:

a. Hang out with people who are joyful and encouraging.

b. A companion of fools will be destroyed (Proverbs 13:20).

6. GET SOMETHING NICE FOR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:

a. Depression is often caused by over concentration on self.

b. When you give, you get (Luke 6:38).

CONCLUSION: You are as happy as you choose to be.

Answers: 1. Approach 2. Word 3. Grudges 4. Life 5. Christians 6. Someone