



Lesson 11 - September 12, 2021
(Romans 8:16-17)

"What do you do when your soul gets sick?"

Phil 3:13-14

Lesson Re-Cap

Will you rejoice and remember who is watching over you?

Why can't we get excited about God watching over us?

What do you do when your soul gets sick?

When you feel broken; remember God is the savior of your person!

Stackable / Situational Depression

- ❖ Depression is never mentioned in the Bible; the concept comes from the word distress
 - **Distress-** is anything that goes beyond what you can handle
- ❖ Depression is when you've been overcome by life circumstances
 - **Depression-** is an emotion
- ❖ Sin comes when we magnify our emotion(depression) over God
- ❖ Your past issues are just that, **the past**
- ❖ When you keep bringing the same hurts and keep compiling them to your present situation it equals stackable Depression
- ❖ Circumstances will make you question why; you might find yourself saying
"If this is what life is about you can have it" (we all have been there)
- ❖ Know that the Lord is close to the broken hearted; Jesus has felt everything you are going through
- ❖ Don't allow the past to control your present
- ❖ Depression will often come as a shock; when you get over the shock...fix your focus on the vertical=**God**
- ❖ There is a prescription to combat your depression, **The Word of God**
- ❖ Remember God is the savior of your person so take your medicine
- ❖ Your prescription equals prayer and Prov 4:20-22 take it daily
- ❖ Medicine doesn't work immediately but keep taking it and you will reap the benefits.



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You are God's daughter and can enter the throne room anytime you have need

Search me, Lord!!!

- ❖ Your soul reacts to all that it's going through
- ❖ Your inner self reflects the disease effecting your heart
 - **Disease**=the absence of ease
- ❖ When you look in the mirror and you don't like what you see...
On and On life goes where it stops nobody knows...what do you do with shattered dreams? You seek the Lord!
- ❖ Ask the Lord to help dig you out of your depression
- ❖ When you get to the breaking point. Ask the Lord to search & dig out of you all that does not belong.
- ❖ Make the best out of your bad situation
- ❖ If you bring the past into your present you will poison your future
- ❖ Put your emotions under the control of God
God will preserve you in the midst of your trials

Taking A Minute to Overcome your moment

- ❖ A lot can happen in a minute
 - minute**=quality. **moment**=time of your event
- ❖ Sometimes your event can last a while
- ❖ We will all have stressful moments in life but while in that moment, you learn to wait on the Lord. (*It's a process*)
- ❖ To overcome your moment, do 2 things
 - Be still
 - Be quiet
- ❖ Wait only God and fix your eyes on whom you believe to sustain you.
 - **Wait**=to expect
- ❖ When the moments come you will be prepared to come out victoriously



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But God!

You can be going thru.....But God
There will be trials.....But God
There will be times when circumstances overtake you....But God
You will have depressing moments.....But God
You might want to act impulsive..... But God
The enemy wants you to give into your depression.....But God

The Rain

One day a young lady was driving with her father. They came upon a storm, and the young lady asked her father, What should I do?

He said keep driving. Cars began to pull over to the side, the storm was getting worse.

What should I do. The young lady asked?

Keep driving, her father replied.

On up a few feet, she noticed that eighteen wheelers were also pulling over. She told her dad, I must pull over, I can barely see ahead. It is terrible, and everyone is pulling over!

Her father told her, Don't give up, just keep driving!

Now the storm was terrible, but she never stopped driving, and soon she could see a little more clearly. After a couple of miles she was again on dry land, and the sun came out.



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Our depressions represent the storms of life; the father in the story represent all mighty God! When we take our minds off **what was** and focus on **what's to come**.

When you get out of being in your moment, you will be able to look back at all the people that gave up and are still in the rain, because the daughter never gave up she was able to ride through the rain!

We are daughters of the King! Walk with the Lord! Keep pushing through the rain!

This story was rewritten by Tiffany Tunsil to fit the lesson for Dr. Dye the original story was rewritten by Malladi Venkata Krishna Murthy – the original author is unknown.