



## Lesson for September 5, 2021 - "What Do You Do When Your Soul Gets Sick?"

"I count not myself to have apprehended, but this one thing i do, forgetting those things which are behind, and reaching forth unto those things which are before,"

"I press toward the mark for the prize of the high calling of God in Christ Jesus."

Philippians 3:13-14

### LESSON OUTLINE

#### **I. Overview**

##### Old Testament

Jeremiah 8:22  
 Psalms 38:4  
 Psalms 42:11  
 I Kings 19:4  
 Jonah 4:3  
 Job 3:11  
 Job 10:1  
 Job 30:15-17  
 Jeremiah 30:14  
 Psalms 34:18

##### New Testament

James 1:2  
 II Cor. 4:16-18  
 I Cor. 10:13  
 St. Luke 4:18  
 Hebrews 4:15-16  
 I Thess. 5:23  
 II John 2  
 James 1:22  
 Romans 12:1-2

#### **II. Search Me, Lord!!!**

Psalms 139:23  
 Genesis 41:51-52

Philippians 3:13-14  
 I Thes. 5:22-24  
 Romans 8:28

#### **III. Taking A Minute to Overcome Your Moment**

Isaiah 6:1  
 Psalms 27:14  
 Psalms 46:10  
 Isaiah 40:31  
 Psalms 62:5  
 Job 14:14  
 Job 23:8-10

James 1:2  
 I Cor. 10:13  
 St. John 10:10



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### Discussion Questions

1. Discuss the "viruses of life."
2. How can you successfully fight a virus of the soul?
3. What is "normal stress."
4. What is the difference between "normal stress and "distress?"
5. Discuss situational depression and can you put a time frame on getting over this type of depression?
6. How can you maintain your VERTICAL with the Lord even in the midst of depression?
7. How do you define "soul illness?"
8. Is it a sin to be depressed or anxious?
9. What can you do in the midst of depression or anxiety to maintain your Vertical Relationship?
10. Look at the season that you are in and discuss issues that are pertinent to that season, and how you can begin to overcome the emotions which may accompany those issues.
11. How can we, as SisStars, address issues with other sisters which may help them to navigate the space in which they may find themselves.
12. When you find that issues are so traumatic or that they may be happening so rapidly that you are having difficulty "standing," what do you do?

One of our dear sisters said "I know what to do while I'm going through, and I know that my focus should be the Lord, but I'm just not there yet. I know I'll get there, but I'm just not there yet. I know that there is a light at the end, but I can't see it." Discuss.....in relation to "Lord I believe, help Thou my unbelief." (St. Mark 9:24)