

HOW TO GET OUT OF DEPRESSION

- Depression is a result of external _____ getting inside your heart and weighing it down
- Depression is stress and pressure _____
- Depression is feelings that come from _____ that weigh you down
- You must change the way you _____ if you want to change the way you _____

A. YOU MUST WATCH OVER YOUR _____

1. You are not always in control of your _____, but you are in control of your heart
2. What you choose to _____ is what you have in your heart

B. SPEAK _____ YOUR PROBLEMS INSTEAD OF SPEAKING _____ YOUR PROBLEMS

1. Speak about the _____ instead of about the _____
2. You will have what you _____

C. IF THERE IS SOMETHING _____ IN YOUR LIFE, ASK GOD FOR IT

1. You _____ by believing that you have what you asked for
2. Faith is _____ without necessarily feeling it

D. _____ GOD FOR WHAT YOU RECEIVED

1. _____ rebukes depression
2. _____ restores what is missing