

How To Have A
Happy New Year
Dealing With Depression
2 Corinthians 7 • Church Bible Page #1204



Sadness is not a _____ . vs. 7

- Not _____ negative feelings and sadness are sin.
- Paul commended the Corinthians for their _____ and said that it brought him comfort and joy.

Depression is usually the _____, not the _____ problem. vs. 7-9

- Depression is a form of _____ — emotional pain.
- Depression is a God-given warning sign to us that something in our life isn't as _____ as it should be.
- We all have a _____, _____ (mind and emotions), and _____.
- All three areas are _____; so when one area is not as healthy as it should be, it will inevitably affect the other areas.

Your _____ is the cart. Your _____ is the horse. vs. 11

- First, their feelings toward their sin changed. Next, their behavior changed.

_____ is not the same as godly sorrow. vs. 10

- Feeling guilty is _____ sorrow. Feeling sorry is _____ sorrow. 2 Corinthians 7:10
- Guilt (worldly sorrow) leads to covering up sin, distant relationships, and depression. Godly sorrow leads to _____ and emotional _____.

It's okay for _____ to contribute to your healing. vs. 6

- God used _____ as His tool to bring His divine comfort to Paul.
- God primarily answered Elijah's prayer with a _____ instead of a _____.

Until we view our own self-sufficiency as _____ instead of _____, we will never be able to overcome our struggles.



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