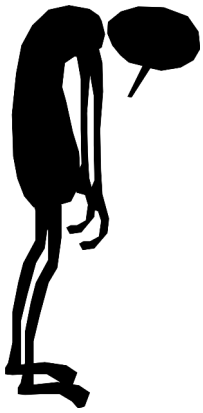
Teens, *Winning the battle of…*DEPRESSION



INTRODUCTION:

1. Definition of Depression:

2. Symptoms of Depression:

3. Causes of Depression:

a. _____ - When a person gives up fulfilling his/her God-given responsibilities (They have the attitude of: "I can't").

b. _____ - When a person fails to handle a trial (a "down period") Biblically.

c. _____ - A person is all wrapped up in themselves, their problems, their misery, etc., with no concern for others (See Jonah's depression - Jonah 4:1-4).

d. _____ - Letting emotions dictate your obedience.

e. _____ - Feeling overwhelmed

f. _____ - We give in to the lies of our adversary.

Some encouragement regarding discouragement:

Remember . . . You are not alone.

1) _____ have the same problem (I Cor. 10:13)
2) _____ what you are experiencing.
3) _____.

4. The Cure for Depression

Principles to Follow to Overcome Depression

***For the Unbeliever:**

_____ to be your personal Savior (Acts 16:27-34).

Jesus Christ can bring a person from attempted _____ (v. 27) to _____ (v. 34).

***For the Believer:**

a. **Identify and _____** that may have led to your depression (Psalm 38; I Jn. 1:9).

b. **Begin _____ what God wants you to do** (obey His will).
   1) Obedience brings _____ (John 13:17)
   2) Obedience brings _____ (James 1:25; cp. Lk. 11:28).

c. **Keep _____ others** (II Cor. 4:1-7; *v. 1).

d. **Don't allow bad _____ to discourage you** (II Cor. 4:8-18).
   1) **Turn your eyes upon _____** (v. 8-15) (cp. Luke 24:17-21).
   2) **Focus your eyes on the _____** (v. 16-18).

e. Count your _____