

MY NEXT STEP TODAY IS:

- I will memorize **Proverbs 17:22 (GW)**
- I will accept Christ for the first time or recommit my life to Christ
- I will join the New Life church family
- I will sign up for Men's Bible Study
- I will read and think about God's Word

What to Do When You Are Depressed

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MEMORY VERSE: "A joyful heart is good medicine, but depression drains one's strength." **Proverbs 17:22 (GW)**

BIBLICAL EXAMPLES:

(Moses: Numbers 11; Elijah: 1 Kings 19; Jonah: Jonah 3)

"Moses heard all the families standing in the doorways of their tents whining, and the Lord became extremely angry. Moses was also very aggravated. And Moses said to the Lord, Why are you treating me, your servant, so harshly? Have mercy on me! What did I do to deserve the burden of all these people? Did I give birth to them? Did I bring them into the world? Why did you tell me to carry them in my arms like a mother carries a nursing baby? How can I carry them to the land you swore to give their ancestors? Where am I supposed to get meat for all these people? They keep whining to me, saying, Give us meat to eat! I can't carry all these people by myself! The load is far too heavy! If this is how you intend to treat me, just go ahead and kill me. Do me a favor and spare me this misery!"

Numbers 11:10–15 (NLT)

Join us on our **Prayer Line** by calling (712)832-7030. Enter access code, 1919#. The prayer line is **open daily from 6am-7am CST.**

2 Online Live Streaming Services Available:

Visit us at www.newlifestl.org, [Facebook](#), [Twitter](#) or [YouTube Channel](#)(New Life Community Church East St. Louis)

Saturday

6:00pm

Sunday

11:00am

Please scan the QR codes below to access the connection card and giving link:



Connection Card



Giving Code

WARNING SIGNS TO LOOK FOR...

FATIGUE: CONSUMED BY _____

"If this is how you intend to treat me, just go ahead and kill me. Do me a favor and spare me this misery!" **Numbers 11:15 (NLT)**

"I am worn out, O Lord; have pity on me! Give me strength; I am completely exhausted." **Psalms 6:2 (GNB)**

FEAR: CONSUMED BY _____

"Where am I supposed to get meat for all these people? They keep whining to me, saying, Give us meat to eat!"

Numbers 11:13 (NLT)

FRUSTRATION: CONSUMED BY UNMET

And Moses said to the Lord, "Why are you treating me, your servant, so harshly? Have mercy on me! What did I do to deserve the burden of all these people?" **Numbers 11:11 (NLT)**

THE HOPE JESUS OFFERS

1. JESUS OFFERS ME _____ I DON'T HAVE.

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." **Romans 15:13 (NIV)**

"That's why I work and struggle so hard, depending on Christ's mighty power that works within me." **Colossians 1:29 (NLT)**

2. JESUS OFFERS ME _____ I CAN DEPEND ON.

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." **Isaiah 41:10 (NIV)**

"For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God." **2 Corinthians 1:20 (NIV)**

3. JESUS OFFERS ME _____ OF HIS PURPOSE.

"And this expectation [salvation] will not disappoint us. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love."

Romans 5:5 (NLT)

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." **Romans 8:28 (NIV)**

I WILL FOCUS ON _____
NOT THE PROBLEM.