

Depression/Worry
Angry
Needing Forgiveness

The D.A.N. Way-of-Life

Depression/Worry

Psalm 42:5-6

- 5 – Why am I so sad? Why am I so upset? I tell myself, “Wait for God’s help! You will again be able to praise him,
- 6 – your God, the one who will save you.” In my sadness I say, “I will remember you from here on this small hill, where Mount Hermon and the Jordan River meet.”
- Remember when you are _(insert emotion here)_ to wait for God’s leadership to be able to tell you what his plan is.

Proverbs 3:5-6

- 5 – Trust the Lord completely, and don't depend on your own knowledge
- 6 – With every step you take, think about what he wants, and he will help you go the right way.

- Trust the Lord with all decisions made and don't SOLELY depend on your own knowledge
- As you go forth making decisions, think about what he wants, and he will take your hand and guide you

Romans 15:13

- 13 – I pray that God who gives hope will fill you with much joy and peace as you trust in him. Then you will have more and more hope, and it will flow out of you by the power of the Holy Spirit.
- I view this as a prayer
- It's asking that God can fill you with much joy and peace as you trust him
- If so, then you will continually have more hope and it will radiate from you thanks to the power of God offers.

Philippians 4:4-7

4 – Always be filled with joy in the Lord. I will say it again. Be filled with joy.

5 – Let everyone see that you are gentle and kind. The Lord is coming soon.

6 – Don't worry about anything, but pray and asked for everything you need, always giving thanks for what you have.

7 – And because you belong to Christ Jesus, God's peace will stand guard over all your thoughts and feelings. His peace can do this far better than our human minds

- Stay positive
- Show people what the spirit of God can do in the world
- Stop worry and pray and ask for peace.
- Give thanks for what you already have
- Because you are a child of God, his peace will stand guard over all your thoughts and feelings.
- His peace is mighty!

2 Corinthians 4:8-9, 16

- 8 – We have troubles all around us, but we are not defeated. We often don't know what to do, but we don't give up.
- 9 – We are persecuted, but God doesn't leave us. We are hurt sometimes, but we aren't destroyed
- 16 – That is why we never give up. Our physical body is becoming older and weaker, but our spirit inside us is made new every day.
- The troubles around us isn't the end of the world.
 - It may get us down , but remember that it won't defeat you.

Isaiah 40:31

- 31 – But those who trust in the Lord will become strong again. They will be like eagles and grow new feathers. They will run and not get weak. They will walk and not get tired.
- Those who are weak, but still trust God, will become strong once more.
- God's trust gives you the capability to run through the worry and not get caught up in what depression has to offer
- God's trust knows that you can walk with everyone else who may be suffering depression as well, and you may not get tired.

Angry

WHAT ARE YOU LOOKING AT??? PAY ATTENTION!!!

Ephesians 4:26-27

- 26 – “When you are angry, don’t let that anger make you sin,” and don’t stay angry all day.
- 27 – Don’t give the devil a way to defeat you.
- Don’t let your anger get the better of you.
- Letting anger fester around, is just the devil making a new home in your spirit.
- Repeat verse 27!

James 1:19-20

- 19 – My dear brothers and sisters, always be more willing to listen than to speak. Keep control of your anger.
- 20 – Anger does not help you live the way God wants.
- When you're angry, do more listening than speaking.
 - Anger lets the devil take control of your tongue and make you say things that you will regret later
- Anger doesn't benefit you in the slightest
 - Talk to God about why you're angry and pray for peace and comfort

Ecclesiastes 7:9

- 9 – Don't become angry quickly, because anger is foolish.
- Getting angry quickly means that you are more than likely getting angry for no reasonable cause
 - That type of anger is foolish and not worth it in my opinion

Proverbs 15:18

- 18 – A quick temper cause fights, but patience bring peace and calm.
- Do I need say more???
- DO I???

Colossians 3:8

- 8 – But now put these things out of your life: anger, losing your temper, doing or saying things to hurt others, and saying shameful things.
- Things to remove from daily life to make you happier:
 - Anger
 - Losing your temper
 - Doing or saying things to hurt others
 - Saying shameful things

Needing Forgiveness

You're forgiven...I promise!

Matthew 6:14-15

- 14 – Yes, if you forgive others for the wrongs they do to you, then your Father in heaven will also forgive your wrongs
- 15 – But if you don't forgive others, then your Father in heaven will not forgive the wrongs you do.

- Forgive others for the wrongs they do to you, and God will forgive the wrongs you've done to Him.

1 John 1:9

- 9 – But if we confess our sins, God will forgive us. We can trust God to do this. He always does what is right. He will make us clean from all the wrong things we have done.

- I CHALLENGE YOU:
 - Go home tonight and before you go to bed, pray.
 - Pray for all the sins that you've committed
 - If you can't think of any---that could be a sin right there
 - Give thanks for all he's given you.

Acts 3:19

- 19 – So you must change you hearts and lives. Come back to God, and he will forgive your sins.

- You must change your way of life. (WHOA! WHOA! WHOA!)
 - I'm not saying you have to conform to what I say is right.
 - You must change your way of life to be able to let God come in and rescue you from the sins you've committed.

Isaiah 1:18

- 18 – “I, the Lord, am the one speaking to you. Come, let’s discuss this. Even if your sins are as dark as red dye, that stain can be removed and you will be as pure as wool that is as white as snow.
- You can do everything against what God says, and he’d still welcome you for a talk and YOU have a chance to wipe the slate clean.

Daniel 9:9

- 9 – “But, Lord our God, you are kind and forgiving, even though we rebelled against you.
- That’s someone questioning that kind of power that God has
- After all these people rebelled against you and did things against your wishes, you are still so kind and so forgiving towards them.

Colossians 1:13-14

- 13 – God made us free from the power of darkness. And he brought us into the kingdom of his dear Son.
- 14 – The Son paid the price to make us free. In him we have forgiveness of our sins.

- God freed us from the dark, and brought us into his radiating glory
- His son paid that price to make us free, and because of that, we have the ability to forgive ours sins.