

OVERCOMING DOWN SUNDAY

“Dealing with the Blues, Blas, and Bewilderment.

II Timothy 4:2

Dr. Tommy Chapman April 18, 2004

Introduction:

BLUES

DEPRESSION

CLINICAL DEPRESSION

First We Need To Know ---

I. Who GOD IS!

A. Ps. 21

B. Ish. 44: 6-8

II. Who WE ARE IN GOD.

A. Rom. 8: 16-19

B. I John 3:2; 5:1

III. How WE ARE TO THINK.

A. POSITIVELY Phil. 4:8

B. FUTURISTICALLY Phil. 3:13, Rom. 8:8

IV. How WE ARE TO LIVE.

A. ONE DAY AT A TIME Matt. 6:34

B. VICTORIOUSLY Phil. 4:13;
Rom. 8:37;
I John 4:4

Conclusion: