



5-16-2010 *Seven Deadly Emotions series #4*

**“CONQUERING DEPRESSION”**  
**Ps 42:11**

**I. WHY ARE YOU CAST DOWN MY SOUL? Diagnose the cause.**

1. Physical causes: body chemistry imbalance caused by trauma, illness, hormonal changes, substance abuse, and other factors.
2. Environmental causes: the lack of light, financial pressure, job loss, high pressure circumstances, a personal crisis.
3. Emotional: Stress and worry.
4. Relational causes: death of a loved one, loneliness, breakup of close relationship, divorce, rejection.
5. Spiritual causes: estrangement from God; sin; spiritual oppression

**II. PUT YOUR HOPE IN GOD FOR I WILL YET PRAISE HIM. Practice the cure.**

1. PERSPECTIVE (2 Cor 10:3; 1 Kgs 19:18)
2. PURPOSE (Jer 1:4-5; 20:7-9).
  - 2.1. Stop self-destructive habits
  - 2.2. Start self-developing habits
3. PRAISE
  - 3.1. Praise brings expectation (Ps 62:5; Rom 4:18; Heb 10:23; Heb 11:6)
  - 3.2. Praise brings joy (Ps 51:10; Eph 5:14)