

BAGGAGE – MESSAGE 4

Released From Depression

"I am weary with my sighing; every night I make my bed swim, I dissolve my couch with my tears." - King David

Take off your MASK and be HONEST about where you are in life

1) SEEK Help

"Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him! Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." Ecclesiastes 4:9,10

How and Where should I seek help?

- **LIFE GROUP**
- **ACCOUNTABILITY**
- **SPIRITUAL MENTOR**
- **COUNSELING**
- **PRESCRIPTION MEDICINE**

Take Action Today: _____

2) Seek JEHOVAH RAPHA

"He heals the brokenhearted and binds up their wounds." Psalms 147:3

GOD ALONE is the source of our healing!

"The spirit of the Sovereign Lord is on me, he has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to comfort all who mourn, to bestow on them a crown of beauty instead of ashes, instead of shame a double portion, instead of disgrace an inheritance and everlasting joy will be theirs." Isaiah 61:1-7