

(Psalm 42:3-5) My tears have been my food day and night, while men say to me all day long, "Where is your God?" These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng. Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

(Proverbs 23:7 NKJV) For as he thinks in his heart, so is he...

- ✓ I will never change \_\_\_\_\_  
until I change the way \_\_\_\_\_.

## WHO ARE YOU LISTENING TO?

- ✓ The \_\_\_\_\_ will lie to you.

(John 8:44) When he (the devil) lies, he speaks his native language, for he is a liar and the father of lies.

(Psalm 13:2) How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?

- ✓ The \_\_\_\_\_ will pollute you.

(Ephesians 4:17-18) So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God...

- ✓ Your \_\_\_\_\_ will confuse you.

(Psalm 10:1, 17) Why, O Lord, do you stand far off? Why do you hide yourself in times of trouble? ...You hear, O Lord, the desire of the afflicted; you encourage them, and you listen to their cry,

## OVERCOMING DEPRESSION

(Lamentations 3:19-23) I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

- ✓ I will never change the way \_\_\_\_\_  
until I \_\_\_\_\_.

(Romans 12:2) Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.

(Romans 8:5-6 NLT) Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is life and peace.

(Hebrews 4:12) For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

- ✓ Every day, \_\_\_\_\_.

## 21 DAYS OF PRAYER January 8-28

- Declaring our dependence on God in every area of our lives.
- Crying out to God for revival in our city, state, nation and world.
- Praying for God's grace and power as we fulfill our mission as a church.
- Inviting the Presence of God in our church and our lives.
- Believing God for answered prayer to our specific needs.

Prayer services - Monday-Friday 6:00 a.m. - Saturday 9:00 a.m.  
All services streamed live at [churchofthehighlands.com](http://churchofthehighlands.com)

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(Proverbs 23:7 NKJV) For as he thinks in his heart, so is he...

- ✓ I will never change my life until I change the way I think.

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- ✓ The devil will lie to you.

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- ✓ The world will pollute you.

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- ✓ Your problems will confuse you.

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- ✓ I will never change the way I think until I renew my mind.

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- ✓ Every day, read God's Word.

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