

November 21, 2010

Teaching Notes

Livin' it UP!

Psalm 143

NLT Psalm 143:1-11

Definition: Depression is a psychological condition with a change in one's mood, physical functioning, and social interactions

Vs 3

Causes of Depression:

Vss 3-4

Symptoms of Depression:

Vs 8

Ways to Overcome Depression

_____ that God wants to help
_____ que Dios quiere ayudar

Focus on what we _____ have control over

Enfocarnos sobre las cosas en las cuales _____ control

Vss 5,6,8,9

NLT Psalm 42:5 Why am I discouraged? Why so sad? I will put my hope in God! I will praise him again-- my Savior and my God!

Vs 1 Hear my prayer, O LORD; listen to my plea! Answer me because you are faithful and righteous