

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