

LESSON 1 – DEPRESSION

A. What is depression?

It is an emotional problem where a part of you dies

Read Psalms 40: 1 - 5

B. Symptoms of depression

1. A change in sleep patterns
2. A change in appetite
3. A loss of confidence
4. Feelings of self-worth that could be taken away
5. Exclusiveness
6. A passive mind
7. Magnifying of difficulties
8. Lack of concentration
9. Lack of ambition
10. Feelings of guilt
11. Jealousy
12. Fear
13. Hostility

Depression, a signal of other problems

How to deal with depression

- A. Recognize it for what it is
- B. Know and believe in Christian dominion
(Eph. 3:20)
- C. Live a positive spiritual life
(Gal. 5:16)
- D. Protect your will
(John 7:17)
- E. Protect your emotions
(Prov. 4:23)
- F. Protect your mind
(Phillippians 4:8)

(Psa. 42:3 – 4)(Psa. 42: 5 – 6)(II Sam. 12:20)(I Sam. 12:13)(I Ki. 19: 4 – 8)(John 10:30)
(Matt. 7:7)(Heb. 11:1)

LESSON 2 - ANGER

A. What is anger?

An emotional disturbance that comes from a feeling of injury or insult

B. Symptoms of anger

Resentment
Bitterness
Stress
Rebellion
Impatience
Being Competitive
Jealousy
Pride

Anger is directly traceable to rejection

C. Anger is directed three ways

- i. Ourselves
- ii. At others
- iii. At God

D. How to Overcome Anger

1. Confess wrong actions
 2. Forgive others
 3. Let God heal us of our memories.
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1. Verbalize feelings
 2. Commit to God all your feeling of getting even

LESSON 3 – SUICIDAL TENDENCIES

- A. The most major symptom: Painful thinking

- B. Other effects
 - a. Avoiding people
 - b. A desire to be alone
 - c. You loose your sense of humor
 - d. Your loose your ability to make decisions
 - e. You will have suicide thoughts

Warning signs are:

- Intense feelings of hopelessness
- A significant loss
- Breakup of a marriage

Loss of a job

Intense need to achieve

- C. Take steps to get help from:
 - a. A trusted friend
 - b. Christian counselor
 - c. A pastor

D. There is help for you

LESSON 4 – GUILT

A. What Is Guilt?

A feeling of blame in violating a law you need to be penalized for

B. Effects of Guilt

C. How to cope with guilt

LESSON 5 – UNFORGIVENESS

A. What is a feeling of unforgiveness ?

Not give up resentment

Forgetting

B. What will a feeling of unforgiveness do to you?

C. What is forgiveness?

a. To pardon someone of what they did to you

D. Results of unforgiveness

b. Emotional scars

c. It leads to depression

d. It leads to suicide

e. Can shorten your life

LESSON 6 – ANXIETY

A. What causes anxiety

A feeling that results when we don't look at our hidden emotions.

B. What does anxiety mean?

It means we are trying to reach in the future to control it

C. What is a panic disorder?

a. When we are in physical danger, our body's defense mechanisms fight for us in ways such as higher heart rate, increased blood sugar, loss of breath

b. These symptoms will return to normal when the danger is past

D. How to cope with anxiety

LESSON 7 – REJECTION AND BEING UNLOVED

Who was first to feel rejection

Christ felt rejection

Why do humans reject humans?

Rejection can be because of carelessness

Man needs love

What is Love?

LESSON 8 – HUMAN GRIEF

What is grief?

Grief is feeling pain, distress, or sorrow

Stages of grief:

Denial

Anger turned outward

Bargaining stage

Depression

Resolution or Acceptance

LESSON 10 – UNBELIEF AND PASSIVE MIND

- A. What is unbelief
 - a. A refusal to trust God's Word
- B. Doubt verses unbelief
- C. Unbelief is the cruelest thing in the world
- C. What unbelief will do to you
- D. How to destroy unbelief

PASSIVE MIND

- E. Age long battle for the mind
- F. The battle rages on
- G. The Christian must destroy the passive mind
- H. What the Christian can do about the passive mind

LESSON 11 – HOW TO DO INNER HEALING

First, we must realize healing is part of our inherit age

God has many ways of doing inner healing

Memory healing

LESSON 12 – HOW JESUS COPEd WITH HUMAN PROBLEMS

A. How Jesus coped with his first confrontation

B. How Jesus coped with:

Embarrassment

Unbelief

Selfishness

Pride

Loyalty to God

Rejection

Insecurity

Cosmic power

Pain

Hate

Loneliness