

## “OUT OF THE ASHES OF DEPRESSION”

Hope Rising :: Part 4

Ryan Howell :: October 17 & 20, 2019



## WHAT IS GOD INVITING ME INTO TODAY?

1. To bring into the light that I am living with Depression.
2. To stop by the resource table in the Atrium.
3. To be an “It’s ok if you’re not ok” friend.

The misuse of “\_\_\_\_\_” language creates a damaging and dangerous spirituality.

**2 Corinthians 12:7b-10** Paul gave \_\_\_\_\_ to his struggle.

**Philippians 4:12-13** Paul experienced Chutes and Ladders not \_\_\_\_\_ faith.

**Philippians 4:14** The Philippians were present for Paul’s \_\_\_\_\_ difficulties.

**Luke 1:78-79** Jesus lights the \_\_\_\_\_ to \_\_\_\_\_ in our souls.

**THE POINT:** Jesus and his followers provide \_\_\_\_\_  
\_\_\_\_\_ for souls in the darkness of depression.

Be an “It’s ok if you’re \_\_\_\_\_ ok” friend.

If you have depression, come into the \_\_\_\_\_.

When we bring our depression into the light, we begin the journey towards \_\_\_\_\_.