



Beyond the Sermon  
A Sermon Application Guide

Title: Conquering Depression

This guide offers a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own or use it in a group and experience transformation together.

### Message Theme

Do not let your heart be troubled

### Practical Application

In this week's message, we explored the powerful connection between our mindset, forgiveness, and gratitude in overcoming depression. Just as Jesus instructed us not to let our hearts be troubled, we must learn to control our thoughts and emotions to cultivate a healthy mental state. Let's explore some steps you can take to overcome depression and anxiety in your life:

**Monitor Your Thoughts:** Pay attention to your thoughts and identify any negative or self-defeating patterns. Challenge negativity, when negative thoughts arise, challenge them with scripture and remind yourself of God's Truth. Practice gratitude by focusing on things you're thankful for, shifting your mindset towards positivity.

**Cultivate Forgiveness:** Forgive yourself by acknowledging your mistakes and extending grace to yourself. Forgive others by releasing bitterness and resentment towards those who have wronged you. Seek forgiveness, if you've wronged someone, ask for their forgiveness and strive to make amends.

**Embrace a Grateful Heart:** Avoid comparisons - stop comparing your behind-the-scenes to someone else's highlight reel, focus on your own journey. Practice gratitude daily by making a conscious effort to express gratitude for the blessings in your life. Focus on the positive by looking for opportunities to find joy and appreciate the good in every situation.

## Scripture References

### Conquering Depression

**John 14:1 NIV** “Do not let your hearts be troubled.”

**James 5:17-18 AMPC** Elijah was a human being with a nature such as we have [with feelings, affections, and a constitution like ours]; and he prayed earnestly for it not to rain, and no rain fell on the earth for three years and six months. And [then] he prayed again and the heavens supplied rain and the land produced its crops [as usual].

**1 Kings 19:1-3 NKJV** And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, “So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time.” And when he saw that...

**Isaiah 26:3 NKJV** You will keep him in perfect peace, Whose mind is stayed on You...

**Isaiah 26:3 NKJV** ...Because he trusts in You.

**Philippians 4:8 KJV** Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

**Job 38:2 NKJV** “Who is this who darkens counsel By words without knowledge?”

**1 Thessalonians 5:18 NKJV** ...in everything give thanks; for this is the will of God in Christ Jesus for you.

**Romans 1:19-23 NKJV** ...because what may be known of God is manifest in them, for God has shown it to them. For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and [c]Godhead, so that they are without excuse, because, although they knew God, they did not glorify Him as God, nor were thankful, but became futile in their thoughts, and their foolish hearts were darkened. Professing to be wise, they became fools, and changed the glory of the incorruptible God into an image made like corruptible man—and birds and four-footed animals and creeping things.

**Deuteronomy 8:12-14 NKJV** ...lest—when you have eaten and are full, and have built beautiful houses and dwell in them; and when your herds and your flocks multiply, and your silver and your gold are multiplied, and all that you have is multiplied; when your heart is lifted up, and you forget the Lord your God who brought you out of the land of Egypt, from the house of bondage...

**Deuteronomy 8:17-18 NKJV** ...then you say in your heart, ‘My power and the might of my hand have gained me this wealth.’ “And you shall remember the Lord your God, for it is He who gives you power to get wealth...

**Isaiah 61:1-3 NKJV** “The Spirit of the Lord God is upon Me, Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to [a]heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound; To proclaim the acceptable year of the Lord, And the day of vengeance of our God; To comfort all who mourn, To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness...

**Isaiah 61:3 NKJV** ...The garment of praise for the spirit of heaviness...

**2 Corinthians 10:12 NKJV** For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.

**Luke 12:15 NKJV** ...“Take heed and beware of covetousness, for one’s life does not consist in the abundance of the things he possesses.”

**Ecclesiastes 5:10 NKJV** He who loves silver will not be satisfied with silver; Nor he who loves abundance, with increase.