
Life in the Pink

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- A Christian may suffer from depression in reaction to adverse situations, defeats and set backs.
- A Christian may also be depressed because of spiritual disobedience and unresolved sin.
- A Christian may also be depressed because of setting standards and goals for herself which are beyond her ability to attain.

Prayer points us in the right direction.

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- The first direction is straight down. Our mind, will and emotions must look to God with our heads bowed in prayer.

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- *When we are depressed, we are to turn toward the Lord and not away from Him.*

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- The second direction is inward.

  Our mind, will and emotions must be enlightened to know God.

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  Our mind, will and emotions must be enlightened to know God.

- *When we are depressed, knowing God as He is will enable us to see ourselves as we are.*

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- The third direction is backward. Our mind, will and emotions must remember our calling from God.

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- *When we are depressed, remembering how the Lord rescued us gives us hope and reminds us of the hope of our future with Him.*

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- The fourth direction is forward. Our mind, will and emotions must look to our distant but certain future.

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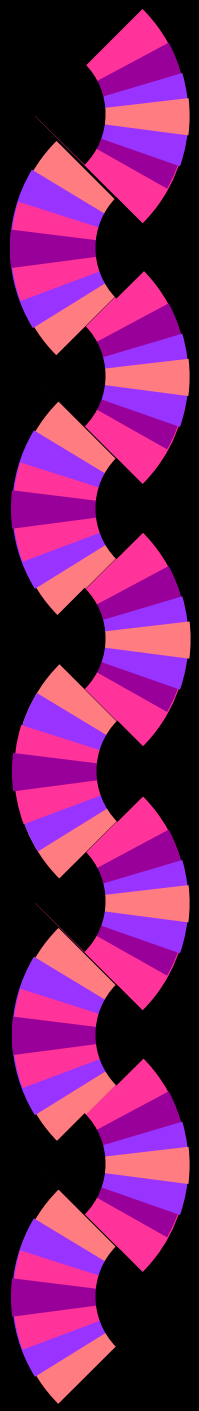
- The fourth direction is forward. Our mind, will and emotions must look to our distant but certain future.
- *When we are depressed, dreaming of our guaranteed future may be the only way to ease the pain.*

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- The fifth direction is beyond. Our mind, will and emotions must look beyond ourselves to the power of God.

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- The fifth direction is beyond. Our mind, will and emotions must look beyond ourselves to the power of God.
- *When we are depressed, the truth is that our hope is in the power of God working in our own hearts.*



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- The sixth direction is above. Our mind, will and emotions must offer praise to Him Who is above all.

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- The sixth direction is above. Our mind, will and emotions must offer praise to Him Who is above all.
- *When we are depressed, we must praise the One Who endured it all and now is above all.*



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