

Discouraged, Weary, Depressed,  
Overwhelmed, Sad, Frustrated

### 3 Victory Truths



1. Embrace the !!!!!!!! Nature of my Gifts

2. Choose your FRIENDS / MENTORS very CAREFULLY

Prov.12:18 Reckless words pierce like a sword, but the tongue of the wise brings healing.

3. PATIENTLY Finding a STRATEGY that FITS your soul = \_\_\_\_\_

Ps. 91:4 He will cover you with his feathers and under his wings you will find refuge.

In patiently (Is. 53:4) finding a strategy that fits your soul,  
start by finding the top 4-5 areas of pain.

1. **Physical** Environment Factors (Body)

- a. Chemical Balance
- b. Physical Activity / Eating Habits / Sleep Patterns
- c. Financial Stress / Career Goals
- d. Time Management

2. **Relational** Factors (Soul)

- a. Present Relationships
- b. Past Wrongs done to you
- c. Helping others

3. **Spiritual** Factors (Spirit)

- a. Past Failures
- b. Finding God's Strength Daily
- c. Processing your heart daily

#### Chemical Balance

- Attitudes of this World vs. Attitudes of God's Kingdom Mt. 18:3, Eph. 6:13, James 1:17, Matt. 6:11
- Purpose of Drugs – Restore Equilibrium
- Commonality of Drugs – I Tim. 5:23 Drug of Choice?
- How to research anti-depressants

#### Physical Activity / Eating Habits / Sleep Patterns

- What is your Goal?
- Long Term Exercise - Double Productivity – Relationship, Prayer, Goal

