

WELCOME TO HAVEN

January 28, 2024

Welcome

Worship Songs

"New Creation"

"See a Victory"

Communion

"Give Me Faith"

Prayer

Scripture for Today

Proverbs 12:25 (NKJV)

Message

"FPOM: Battling the 'Big D'"

Jack D. Cohen

Offering/Worship Song

"Jesus You Alone"

*Closing



Finding Peace of Mind

Angels (Heaven of Love)

“Anxiety in the heart of man causes depression, but a good word makes it glad” – Proverbs 12:2 (NKJV)

FOUR ROOT CAUSES OF DEPRESSION

- _____
- _____
- _____
- _____

“I am the man who has seen affliction by the rod of the Lord’s wrath. ²He has driven me away and made me walk in darkness rather than light ... He has besieged me and surrounded me with bitterness and hardship. He has made me dwell in darkness like those long dead. He has walled me in so I cannot escape; he has weighed me down with chains. Even when I call out or cry for help, he shuts out my prayer. ... I have been deprived of peace; I have forgotten what prosperity is. So I say, “My splendor is gone and all that I had hoped from the Lord.” I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.”
– Lamentations 3:1-2, 5-8, 17-20

TWO TRUTHS TO REMEMBER WHEN BATTLING DEPRESSION

- Your _____ are _____ – But they are not _____
- Your _____ feels _____ – But with God, there’s always _____

- Naming your emotions opens the door to _____
- We’re not going to make permanent decisions based on _____

“Yet this I call to mind and therefore I have hope: Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.”
– Lamentations 3:21-23

- “The Lord’s great love” → _____
- “His compassions” → _____

“I say to myself, “The Lord is my portion; therefore I will wait for him.” The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.”
– Lamentations 3:24-26