

Getting out of Depression - Principles

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Depression

I. Universal Requirement

- Isaiah 59:2

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- Ephesians 2:13

II. Principles for Unresolved Sin

1. Identify and acknowledge the _____

- Psalm 32:3

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- 1 John 1:8

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- 1 John 1:9

2. Use Scripture as the _____

- 2 Timothy 3:16-17

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3. Understand the seriousness of our _____

- 2 Samuel

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- Psalm 51:4

4. Understand what real repentance and confession _____

- _____ of Spirit
 - Psalm 51:1
- **Calling it** _____
 - Psalm 51:2-3
- **Take** _____ for it
 - Psalm 51:4
- **Demonstrate a godly** _____ and desire for forgiveness
 - Psalm 51:7-9
- **Desire a changed** _____
 - Psalm 51:10
- **Confess** _____ to anyone that has been directly hurt by it
 - James 5:16
- **Commit to** _____ the sin
 - Proverbs 28:13
- **Replace sinful habits with** _____ ones
 - Ephesians 4:28-29
- _____ what is behind
 - Philippians 3:13-14