

I'm Feeling Blue

Gerald McPhillips

"Out of the Blues" by Wayne Mack

What is it?

I. How common is it?

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What are the feelings associated with depression?

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II. Mild Depression [Category 1]

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- Hebrews 4:15

He never allowed himself to be controlled by His _____, but He always fulfilled his _____

- John 8:29

- Matthew 14:14

Responsibility to His _____ took precedence over His _____

- John 6:60

• **Bread is necessary for _____**

• **Christ claimed to be the _____ of life**

• **Bread is suited for _____**

• **Christ claimed to be suited for _____**

• **Bread must be eaten _____**

• **Claimed to be a necessary part of everyday life**

- **Bread produces _____**
 - **Claimed people would become spiritually weak without this daily diet**

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2 Responses to Mild Depression

- 1. The Wrong Response: Acknowledgement _____ submission to feelings**
- 2. The Right Response: Acknowledgement _____ submission to feelings**

III. Moderate Depression [Category 2]

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Asaph

- Psalm 73:2-3
- Psalm 73:13-14
- Psalm 73:17
- Psalm 73:21-22