

Lesson #9 for Text Chapter 10

Conquering Fear and Depression

Goal:

To gain freedom from sinful fear and depression.

Scriptures:

I Corinthians 6:19	Proverbs 3:24
Genesis 3:8	Psalm 4:8
Proverbs 28:1	Proverbs 1:8
Matthew 14:25-31	Proverbs 6:20
John 3:16	Deuteronomy 6:7
I Corinthians 13:4-7	I Thessalonians 5:18
Matthew 6:21	Isaiah 41:10
Proverbs 25:27	Jeremiah 4:18
Proverbs 4:8	Genesis 4:6,7
II Corinthians 10:12	Matthew 6:34
Proverbs 29:25	II Timothy 2:26
Proverbs 14:14	Psalm 42:5

Assignment:

1. List all your fears and then turn them over to Christ.
2. Pray, "Father, help me take steps to defeat fear and depression in my life."
3. Read Chapter 11 in the text.
4. Memorize: I Thessalonians 5:18.

Quiet time Meditations:

"Thank You, Lord Jesus, for welcoming me into Your presence ... our secret place. Thank you for Your precious blood that makes it possible for me to feel at home in Your embrace. Your loving arms about me make me realize nothing matters but our fellowship. I love our spirit-to-spirit relationship." Release your entire being into His care. He loves it. That is what He died for.

Prayerfully read Colossians 2:13-14. Read the verses a second time, personalizing them by putting your name in the appropriate places. Ask Him to enable you to grasp the wonder that ALL of your sins (past, present and future) are cleansed by His shed blood. Thank Him! Visualize every ugly, hateful thing you have ever done as nailed to the cross and covered with the blood of Jesus. Now, visualize the Father as gleefully displaying you, announcing that you are as clean as His Son, Jesus Christ. Embrace His forgiveness ... that also means forgiving yourself. Not to forgive yourself is prideful arrogance, saying that Jesus' suffering your hell was not enough ... you still have to do something! Let the Lord bring to mind one who has hurt you. Then say, "Lord, just as You have so graciously forgiven me, I forgive _____." Praise Him for the release that comes to you and your offender as you willingly bear the pain and let Him heal the wound. Praise Him... then praise Him some more!

Say with confidence, "Thank You, Father, that as Your child I am as clean in Your sight as Jesus. I choose to receive Your cleansing and forgiveness. Enable me to freely forgive others as You have so graciously forgiven me. Thank You that You will."

Notes:

Questions – Lesson #9

1. Are you confronted by the thought that your children could grow up to be just like you? _____
2. Think back to the last day you were the most irritable and everything seemed to go wrong. How did the rest of the family act that day?.. _____
It is important that you remember that you are to your family what a thermostat is to the temperature of your home!
3. When was sinful fear first manifested in the human race? Read Genesis 3:7-10 and explain.

4. What reaction does sin cause in our hearts according to Proverbs 28:17. _____

5. How can we know if our fears or guilt is true guilt or false guilt? See II Timothy 3;16 and explain.. _____
6. If you discover that you do have fear as a result of sin, what must you do? Claim I John 1:9.

7. What was the result of Peter's fear in Matthew 14:23-33? _____

8. What is the result of our fears when there is no willful sin involved? See Psalm 119:11 and explain. _____

9. What totally demolishes fear? Read I John 4:18 and explain. _____

10. God is love. We can learn to love by how God loves. When God says He loves us in the following two verses, John 3:16 and Galatians 2:20, what action verb is also expressed? _____

11. How are we to love God? Read Matthew 22:37 and explain. _____

12. I Corinthians 13:4-7 is a description of real love in action. Read it through carefully then rewrite each verse substituting the word **love** with JESUS. _____

13. Now, rewrite I Corinthians 13:4-7 substituting your name for the word **love**. _____

Talk to Jesus about any of the above areas that you now fall short of what He requires of you. Ask Him to make you sensitive when old self manifests itself so you can trust Him to flow through you as you apply the proper words and actions.

14. How can you know what you truly love? See Matthew 6:21. _____

15. Is it appropriate to try to get your husband to praise you? Read Proverbs 25:27. _____

16. What is the right way to win praise and honor? Read Proverbs 4:8. _____

17. What should be your attitude concerning the gifts your husband gives you? See page 148 of the textbook. _____

18. If you are not receiving gifts from your husband, what could be some of the reasons? See page 148 of the textbook. _____

19. What must you do if your husband is simply not a gift giver? See the last sentence on page 148 of the textbook. _____

20. Should our image of ourselves be derived by comparing ourselves with others? _____

What does God say about this? Paraphrase Proverbs 29:25 and II Corinthians 10:12. _____

21. What is the remedy to boredom? See Proverbs 14:14. _____

22. Steps to overcoming insomnia:
1) Before going to bed exercise. Worry and exercise are normally exclusive of each other.
2) Fix the bed so your are comfortable.
3) Have a pad and pencil for jotting down vital thoughts.
4) Pray: a) confess any sins. b) commit sub-conscious min to the Lord and c) thank God that you will sleep as you claim the following verses. Write Psalm 4:8 and Proverbs 3:24 using your own name. _____

23. Even though your husband is the spiritual leader of the home, what does God hold you responsible for? Read Proverbs 1:8 and 6:20 and explain. _____

24. List way you can teach your children spiritually without usurping your husband's authority or destroying your children's respect for him Use Deuteronomy 6:7 to help you in your answer.

25. What is to be your general attitude at ALL times about EVERYTHING? See I Thessalonians 5:18. _____

Is there anything in your life that you haven't thanked God for? _____
Do it now, knowing that He ill work it all together for your good as you trust Him. Romans 8:28. Keep in mind, the very thing that is the hardest for you to thank Him for, His plan is to sue this to draw you near to Him and to show His love for you more tenderly.

26. List any fears you have:

Recognize that most fears are saying, "My problem is too big for God to handle." Read Isaiah 41:10 and with an act of your will transfer each fear listed into the tender, loving hands of your heavenly Father.

27. If depression is not a result of a physical abnormality, what can be the cause? See Textbook pages 154-156. _____

28. Thinking about "what if's" can contribute to one's depression. What does God say about this? See Matthew 6:34. _____

29. Putting of of getting behind in one's responsibilities can lead to depression. List your responsibilities that you have gotten behind in.

_____	_____	_____
_____	_____	_____
_____	_____	_____

*Do not allow yourself the privilege of watching TV, reading, visiting with a neighbor or friends until these chores are completed. **Start Today!***

30. Make yourself a promise notebook by listing promises from God's Word that are meaningful as you read the Scriptures daily. The when you begin to feel *down* read and meditate on these verses. Use the following verse to get your promise notebook started: Psalm 42:5.