

# DELIVERANCE FROM TROUBLES

## I. God's Promises

- A. Psalm 46:1
- B. Psalm 34:17, 19
- C. Proverb 11:8
- D. 2 Tim 3:11; 4:18

## II. God's Leading

- A. Gen. 39
- B. Numbers 13, 14
- C. Joshua 2, 6

## III. God's Wisdom

- A. Don't complain or pout Psalm 77:1-4
- B. Decide to win Isaiah 50:7
- C. Don't stop, go forward Ex. 14:15
- D. Don't quit, continue doing good Rom. 2:5-10; Gal. 6:9

## **Depressed mood**

**A marked diminished interest or pleasure in almost all activities**

**Significant weight loss/gain**

**Insomnia or hypersomnia (over-sleeping)**

**Agitation or slowing down of thinking, memory, etc.**

**Fatigue or loss of energy**

**Impaired concentration and indecisiveness, or**

**Recurring thoughts of death or suicide**

## **Physical complaints that mask depression**

**Pain — including headaches, body aches and abdominal pain**

**Low energy and excessive tiredness (including claims of being “chronically fatigued”)**

**Reduced capacity for pleasure or enjoyment (including sexual desire)**

**Moods such as apathy, irritability, anxiety or sadness**