

## COLD SPRINGS CHURCH

*“Doing Life Well. Together.”*



### Watch the Sermon:

<http://www.coldspringschurch.net/sermons.html>.

### This Week: “From Depression to Thriving” (2 Corinthians 4:7-18; Philippians 1:3-11)

#### ONE THING STUDY

1. Read one of the above key passages.
2. Pick One Thing (a word or phrase) that stands out to you.
3. Talk about it with someone in your life and/or your group.

#### CHECK-IN (where do you rank 1 thru 5 for one or more of the below areas?)

1. **How is your *Being*?** (1- I am overflowing... 5- I am dry)  
*How well are you living as the Beloved of God?  
What is the state of your soul? How are you and Jesus doing?*
2. **How is your *Thinking*?** (1- I have focus... 5- I am distracted)  
*How aware are you of your internal narrative? How well are you taking your thoughts captive in obedience to Christ? How much is your mind at rest?*
3. **How is your *Feeling*?** (1- I am aware... 5- I am in the dark)  
*How in tune are you to your heart?  
How aware are you of what you are feeling about yourself and others?*
4. **How is your *Doing*?** (1- I am acting intentionally... 5- I am frantic or passive)  
*How aware are you of what you are doing and why you are doing it? How much are your actions moving you toward purpose? How much are your actions self-medicating to distract or dull yourself from reality?*

#### QUESTIONS TO CONSIDER

1. What stood out to you from this week’s sermon? Share it with someone!
2. How has your understanding of or experiences with mental illness affected your life, positively or negatively (e.g., relationships, work, family, faith, parenting)?
3. What does “being made whole” mean to you?
4. How does Jesus make a difference in living “whole”?

#### PRAYER

*Devote yourselves to prayer with an alert mind and a thankful heart. Col. 4:2 (NLT)  
Pray together, including needs discussed in your group time.*

# **Beyond Survival**

## ***From Depression To Thriving***

### ***I. What Does Being Whole Mean?***

- How God Has Made You (And Everyone Else) - *Mark 12:28-31, ESV* - The Four-Fold Self

- Being - Your Soul - The Spiritual Self

- Thinking - Your Mind - The Intellectual Self - Feeling - Your Heart - The Emotional Self - Strength - Your Strength - The Physical

- How Do We Live Whole?

- Jesus At The Center - *Colossians 1:17, ESV*

### ***II. Real Life. Real Emotions.***

- Life Can Be Hard - *2 Corinthians 4:7-12, ESV* - Understanding Mental Illness

- The Physical

- The Spiritual

- Mental Illness Is Not Spiritual and Moral Failure

- Stepping Out From Under Shame Into The Light of Jesus' Love

- *1 John 4:16, NLT*

### ***III. From Depression To Thriving***

- Thinking Whole. Living Whole.

- Your Doing Will Reveal Your Feeling Revealing Your Thinking

- The Body Keeps The Score

- Feelings Result From Thinking.

- *"Emotions Are Data, Not Directives."* - Dr. Susan David

- To Change Your Feeling You Must Choose Your Thinking And Your Doing

### ***IV. Letting Your Being Shape Your Thinking, Your Doing, Your Feeling.***

- *2 Corinthians 4:13 - 18, ESV*

- Does Jesus Make a Difference? - *Colossians 1:17, ESV*

### ***V. God's Path To Wholeness***

- Thinking Matters - *Isaiah 55:8-9, ESV - Romans 12:1-2, ESV*
- Doing Matters - *Luke 6:46-49, ESV*
- Feeling Matters - *Philippians 1:6-8, ESV - James 1:14-16, ESV*
- Fight Spiritual Battles With Spiritual Weapons - *2 Corinthians 10:3-9, ESV*

***VI. No God, No Peace. Know God, Know Peace.***

- Shalom Awaits

*“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” John 14:27, ESV*