

SERMON NOTES FOR SUNDAY – SEPTEMBER 13, 2009
TRINITY LIFE CENTER – SACRAMENTO, CA
DR. GLEN D. COLE – SENIOR PASTOR

TITLE: “Victory Over Depression”

TEXT: 2 Corinthians 4:7-10 and Psalm 42:5 and 11

INTRODUCTION: Phillips translation – *“We are handicapped on all sides, but we are never frustrated; we are puzzled, but never in despair. We are persecuted, but we never have to stand it alone: we may be knocked down but we are never knocked out!”*

The old spiritual put it this way: *“Sometimes I’se up, sometimes I’se down, Oh, yes, Lord.”*

I: THE CONDITION A picture of a person inundated with life.

Examples:

1. Elijah
2. John the Baptist
3. Paul
4. Martin Luther

Quote: “All the water in the ocean cannot sink a ship unless it gets inside it.”

II: THE ANTIDOTE

1. Not more things (consult the Lord in what you purchase. It will save you from a lot of depression)
2. Not a different physical makeup (learn to thank God for what you are)
3. Not a release from this world (suicide is not the answer)

CONCLUSION: The ultimate answer to depression is ATTITUDE!

Jehovah-Tsidkenu -- “Jehovah our righteousness”
Jehovah-M’Kaddesh – “Jehovah who sanctifies”
Jehovah-Shalom ----- “Jehovah is peace”
Jehovah-Shammah ---- “Jehovah is there”
Jehovah-Rophe ----- “Jehovah heals”
Jehovah-Jireh ----- “Jehovah’s provision shall be seen”
Jehovah-Nissi ----- “Jehovah my banner”
Jehovah-Rohi ----- “Jehovah my shepherd”