

Soul Detox: The Heavy Soul

Psalm 42:5-6

- WE ARE NOT A BODY WITH A SOUL.
- WE ARE A SOUL WITH A BODY.

SHEDDING LIGHT ON DEPRESSION

Why are our souls heavy?

- ❶ HEAVY WITH HURTS FROM THE PAST.
(Lamentations 3:19-20)
- ❷ HEAVY WITH TROUBLE IN THE PRESENT.
(Job 4:5)
- ❸ HEAVY WITH ANXIETY ABOUT THE FUTURE.
(Mark 14:33-34, Psalm 42:5-6)

THE PLACE TO START

Tell your soul to...

- ❶ REMEMBER GOD'S FAITHFULNESS IN THE PAST.
(Lamentations 3:19-23)
- ❷ CRY OUT TO GOD IN THE PRESENT.
(Psalm 142:2, 5-6)
- ❸ TRUST IN GOD'S POWER FOR YOUR FUTURE.
(2 Chronicles 32:7-8)

Current Series: Soul Detox

The Heavy Soul_Part2-Message by Pastor Jesse Elizondo (4/14/13).

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