

EMOTIONS OF DEPRESSION

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God's Wisdom vs. Wordly Wisdom

6 Effective Counselling Stages

LISTENING

1. God Listens.
2. We Listen.
Emotions of Depression: Sorrow. Hopelessness. Shame.

LOVING

1. Consistency over time.
2. Affirm and honour the faith they have.
3. Let them borrow your faith.

DEFINING

1. Listen to Define.
2. Reframe.
3. Biblically Define.

GUIDING

Guiding is moving the sufferer through their turmoil and pain, identifying and addressing circumstances that affect them (both physically and spiritually), and gently exposing the issues of the heart, to discover a deeper soul-relationship with Jesus.

One Key Thing—Essential for the Soul

NARROWING

1. To listen from the beginning for theology gaps.
2. To help people out of the pit and prevent people from the pit.

REFINING

"God uses sorrow in our lives. God controls the sorrow in our lives. We must trust God's love and learn how to handle sorrow accordingly. We can choose to reply upon self and false hopes and be crushed in our spirit as a result when handling sorrow. Or, we can choose to depend on God to go through and grow through our sorrow resulting in a heart of gladness." (*Rethinking Depression*, Daniel Berger)

**FOR GOD'S GLORY
RESPOND TO
TODAY**

REJOICING, IN THE
STRENGTH OF THE
LORD, AS UNTO THE
LORD

Matt. 6:34; 2 Cor. 4



**REMAIN IN AND
REST IN CHRIST**
OUR IDENTITY

John 15:1-8; Col 1:27;
Matt. 11:28-30



REFINEMENT
FOCUSED FIRE

Eph. 4:12-23; Zech. 13:9;
1 Pet. 1:7; 1 Cor. 10:13;
Isa. 43:1-5, 10-11



REFOCUS
REMEMBER

Heb. 12:1-2; Ps. 103



REPLACE
(PUT ON)

Rom. 13:14; Eph. 4:22-
5:1; 5:15-21; 6:10-21



RENEW MIND
FORGIVENESS AND
COVERING OF SIN
(PUT OFF)

Rom. 12:1-2; Heb.
12:1-2; Ps. 32; 2 Cor.
5:11-21



REPENT
RENOUNCE
CONFESS TO GOD
TO OTHERS

Prov. 28:13-14; Ps. 32:5;
Jam. 5:16; Rom 6:12-14



REMORSE
GODLY SORROW

2 Cor 7:10; Ps. 36:2;
51:1-3; Matt. 5:4; Joel
2:12-13



RECOGNIZE
RELABEL SIN

Rom. 2:4; 1 John 1:7-9; 2
Tim. 2:24-26; Ps. 36:2



RELATIONAL
RETURNING

*SEE MTWBC
PROCESS OF GROWTH
AND CHANGE IN-
CHRIST