

Sermon Notes
A Good Word - Prov 12:25
June 14, 2020

I. Introduction

- a. no ticks this week, got something worse... exposure leads to thoughts... thoughts lead to feelings... feelings lead to actions...
- b. what you expose yourself to eventually determines your results...
Prov 4:23... "guard your heart... it determines the course of your life..."
Prov 23:7... "as a man thinks in his heart... so is he..."
Gal 6:7... "don't be misled... you will always harvest what you plant..."
- c. world is exposing us to unprecedented negative issues... easily cause worry, fear, sorrow... worry is just negative meditation... weighs you down... can lead to depression (addiction, self-harm, suicide) if not dealt with...
Prov 12:25... "anxiety in the heart leads to depression... a good word makes it glad (worry weighs you down, an encouraging word cheers you up)..."
Matt 6:25-34... "don't worry... seek first His righteousness... all provided..."
John 14:1... "don't let your heart be troubled... believe in God and in Me..."
- d. choose to worry or let your heart be troubled... worry leads to depression... good word makes heart glad... what you believe determines if you will be at peace or troubled... look at causes of depression and a way out... pray...

Would you like to be rid of depression? The first thing is to say farewell now and forever to your past. It has been covered and blotted out in Christ. Never look back at your sins again. They are covered by the blood. Look to the Lord Jesus. Rest your faith on Him alone. Only then are happiness and joy possible. Martyn Lloyd-Jones

II. A Good Word

- a. Sorrow
all of us will see sorrow... heaviness in our hearts... if you don't deal with it, you can end up in depression... what do you do when it comes... give attention to the Word, not thing that caused sorrow... be filled with praise, not sadness...
Psa 40:1-3... "waited patiently... Lord heard my cry... lifted me out of pit of despair... out of mud and mire... given me new praise song... many amazed..."
Psa 119:50... "this is my comfort in affliction... your promise gives me life..."
Isa 35:10... "the redeemed will sing... joy and gladness... sorrow will flee..."
John 16:22... "sorrow now... I will see you again... then, you will rejoice..."
- b. Unfulfilled Expectations
expect nothing, appreciate everything... depressed and disappointed when we expect something that doesn't happen... give because God tells you to give, not to get something back... devil will ruin blessing with negative emotion...
Psa 33:20-22... "put our hope in the Lord... hearts rejoice and trust in Him..."
Psa 39:7... "for what do I wait... my hope is in You..."
Psa 62:5... "wait for God only... my hope is from Him..."
Luke 6:35... "love, do good, lend... expecting nothing in return..."

- c. Rejection
rejection fuels depression... never find complete acceptance from world, only from God... must know what He thinks... current generation feels insignificant, lonely, rejected, unworthy... many do things to get rejected before others can even reject them... not everyone will like you... need to be okay with that...
Mark 1:11... "you are My beloved (favorite)... I am fully pleased with you..."
John 5,8... "everything the Father says about me is true... your approval or disapproval means nothing to me... my Father says glorious things about me..."
Rom 12:18... "if possible... as much as you can, live at peace with everyone..."
- d. Dead Religious Traditions
being under law is a dead religious tradition... law produces bondage, worry, fear... only grace brings freedom, joy, peace... *drt* produce feelings you are never enough... never giving, serving, praying enough... not about you, its about Jesus... if you feel worse after church, something is wrong...
Acts 15:10... "why are you putting a yoke (law) on us no one can bear..."
2Cor 12:9... "My grace is sufficient for you..."
Gal 5:1... "Christ has set us free... don't submit to a yoke (law) of slavery..."
Heb 9:14... "blood of Christ... has cleansed conscience from dead works..."
- e. Sickness/Illness
sickness will try to destroy life by creating unbelief... makes us look to man, not God... even just words can kill us... exposure leads to thoughts... thoughts lead to feelings... feelings to actions... handle them or they will handle you...
Job 3:25... "thing I feared the most happened... what I dreaded has come..."
Psa 42:11... "why am I dejected and sad... hope in God... praise Him..."
Isa 53:3-5... "He bore our sicknesses... carried pains... healed by His wounds..."
- f. those things can lead to depression... what things lead out of it...
- g. Thank God in Everything
in everything, *not for* everything... worry or pray... *tell* God what you need... find something to give God thanks for... not a feeling, it's a choice... best weapon against enemy is praise and thanks... helps you know what to do...
Phil 4:4-9... "rejoice, pray, give thanks... peace will guard heart and mind..."
1Thess 5:16-18... "rejoice, pray, give thanks... this is God's will for you..."
Matt 21:16 (Psa 8:2)... "praise is strength which silences your enemies..."
Rom 1:18-32... "didn't give Him praise or thanks... dark and confused, fools..."
Eph 5:20-17... "give thanks in everything... understand what God wants..."
- h. Don't Complain about Anything
watch what is coming out of your mouth... leads to death or life... devil uses negative emotions to move us away from God... good word leads you back...
Prov 18:21... "words kill, words give life... poison or fruit... you choose..."
Phil 2:14... "do everything without complaining or arguing..."
Col 3:17... "whatever you do... word or deed... give thanks (not complain)..."
- i. Don't Compare with Others
always lose... comparing never leads to peace... enjoy life, don't compare it to others... you will miss out if you always wish it was different... pray...
Jer 29:11... "I know the plans I have for you... for good, a future, a hope..."
2Cor 10:12-18... "don't compare yourselves to others... it is not wise..."
Gal 6:4... "examine your own work... don't compare to someone else..."
1Tim 6:6... "godliness with contentment (nothing needed)... is great gain..."

Everything

Col 3:4... *Christ, who is our life...*

Paul's marvelously rich expression indicates that Christ is the source of our life. *You have he quickened who were dead in trespasses and sins.* That same voice which brought Lazarus out of the tomb raised us to newness of life. He is now the substance of our spiritual life. It is by His life that we live. He is in us, the hope of glory, the spring of our actions, the central thought which moves every other thought. **Christ is the sustenance of our life.**

What can the Christian feed upon but Jesus' flesh and blood? *This is the bread which cometh down from heaven, that a man may eat thereof, and not die.* O wayworn pilgrims in this wilderness of sin, you never get a morsel to satisfy the hunger of your spirits, except ye find it in Him! **Christ is the solace of our life.**

All our true joys come from Him; and in times of trouble, His presence is our consolation. There is nothing worth living for but Him; and His lovingkindness is better than life!
Christ is the object of our life.

As speeds the ship towards the port, so hastes the believer towards the haven of his Saviour's bosom. As flies the arrow to its goal, so flies the Christian towards the perfecting of his fellowship with Christ Jesus. As the soldier fights for his captain, and is crowned in his captain's victory, so the believer contends for Christ, and gets his triumph out of the triumphs of his Master. *For him to live is Christ.* **Christ is the exemplar of our life.**

Where there is the same life within, there will, there must be, to a great extent, the same developments without; and if we live in near fellowship with the Lord Jesus we shall grow like Him. We shall set Him before us as our Divine copy, and we shall seek to tread in His footsteps, until He shall become the crown of our life in glory. Oh how safe, how honoured, how happy is the Christian, since **Christ is our life!**

Charles Spurgeon
Morning and Evening Devotional – August 10th

Sermon Study

A Good Word - Prov 12:25 - June 14, 2020

1. **Exposure** leads to thoughts... thoughts lead to feelings... feelings lead to actions. Did that statement **make a difference** in your life last week? How? Read **Prov 4:23... Prov 23:7... Gal 6:7.**
2. Are you a **worrier**? Read **Prov 12:25.** What's the difference between **worry and prayer** (negative word or a good word)? Is it a choice or not? Read **Matt 6:25-34** and **John 14:1.**
3. What types of things can lead to depression?
 - a. **Sorrow.**
Read **Psa 40:1-3... Psa 119:50... Isa 35:10... John 16:22.**
 - b. **Unfulfilled expectations.**
Read **Psa 33:20-22... Psa 39:7... Psa 62:5... Luke 6:35.**
 - c. **Rejection.**
Read **Mark 1:11... John 5,8... Rom 12:18.**
 - d. **Dead Religious Traditions.**
Read **Acts 15:10... 2Cor 12:9... Gal 5:1... Heb 9:14.**
 - e. **Sickness/Illness.**
Read **Job 3:25... Psa 42:11... Isa 53:3-5.**
4. What things can help keep you out of depression?
 - a. **Being thankful.**
Read **Phil 4:4-9... 1Thess 5:16-18... Matt 21:16 (Psa 8:2)... Rom 1:18-32... Eph 5:20-17.**
 - b. **Not complaining.**
Read **Prov 18:21... Phil 2:14... Col 3:17.**
 - c. **Don't compare.**
Read **Jer 29:11... 2Cor 10:12-18... Gal 6:4.**

Please read entire passages of scripture to get full context.
See sermon notes for more info.

Your heart is the ground in which the seed will grow. Good or bad. You are not always in control of your circumstances, but you are always in control of your heart. What you believe will go into your heart and will eventually become your life. Pastor Creflo Dollar