

# DO YOU KNOW THE G.O.S.P.E.L.?

## REFLECTION QUESTIONS

Read Lamentations 3:21-23. What are some things that help you remember God's love and goodness in the midst of difficult seasons?

How do you typically handle negative or depressing thoughts and feelings? What would it look like to validate your emotions and label your feelings while also remembering they aren't permanent?

Talk about a time when God brought you hope and help in a difficult moment. What did you learn about Him through that experience?

**GOD** CREATED US TO BE WITH HIM.

(GENESIS 1-2)

**OUR** SINS SEPARATE US FROM GOD.

(GENESIS 3)

**SINS** CANNOT BE REMOVED BY GOOD DEEDS.

(GENESIS 4-MALACHI 4)

**PAYING** THE PRICE FOR SIN, JESUS DIED AND ROSE AGAIN.

(MATTHEW-LUKE)

**EVERYONE** WHO TRUSTS IN HIM ALONE HAS ETERNAL LIFE.

(JOHN)

**LIFE** WITH JESUS STARTS NOW AND LASTS FOREVER!

(ACTS-REVELATION)

# PRAY

"JESUS, I REALIZE THAT I AM A SINNER.

I BELIEVE YOU ARE THE PERFECT SAVIOR.

I TRUST THAT YOU LOVE ME AND CAN HEAR MY PRAYER.

BY FAITH, I ASK YOU TO PLEASE FORGIVE ME AND FILL ME WITH THE HOLY SPIRIT.

NOTE: THESE ARE NOT MAGIC WORDS THAT SAVE YOU.  
IT IS THROUGH TRUE FAITH IN JESUS THAT WE RECEIVE THIS GIFT.

**AND IF YOU SURRENDERED YOUR LIFE TO JESUS TODAY,  
TELL SOMEONE BEFORE YOU GO! WE CELEBRATE YOU!**

**BATTLING DEPRESSION**

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**MEMORY VERSE: PROVERB 12:25**

<sup>25</sup> Anxiety in the heart of man causes depression,  
But a good word makes it glad.

**FOUR ROOT CAUSES OF DEPRESSION**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**TWO TRUTHS TO REMEMBER  
WHEN YOUR BATTLING DEPRESSION**

1. Your emotions are \_\_\_\_\_.  
But they're not \_\_\_\_\_.

2. Your situation feels \_\_\_\_\_. But with God,  
there's always \_\_\_\_\_

- Naming your emotions opens the door to changing your emotions.
- We're not going to make permanent decisions based on temporary emotions.

*Yet this I call to mind and therefore I have hope: 22 Because of the LORD's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness. Lamentations 3:21-23 NIV*

**"The Lord's great love": hesed**

**Unbreakable devotion to God's promises.  
Covenantal commitment to God's character.**

**"His compassions":rahamaw**

*I say to myself, "The LORD is my portion; therefore I will wait for him." 25The LORD is good to those whose hope is in him, to the one who seeks him; 26 it is good to wait quietly for the salvation of the LORD. Lamentations 3:24-26 NIV*

**MY NEXT STEP TODAY IS (WHAT IS THE WISE THING?):**

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