

WHEN . . .

Part 3: When You Feel Down

STRATEGIES FOR COMBATTING THE DOWN TIMES

A. A mixed bag with mixed results

1. Read positive quotes
2. Go shopping - retail therapy
3. The 3 E's

B. God offers spiritual solutions for life's problems

1. The 4th E - exalting God (*Psalm 118:28 NKJV*)

A GOD-SOLUTION FOR A SERIOUS PROBLEM

A. A legitimate downer situation

1. Paul was on a boat he didn't want to be on

B. Paul had a legitimate reason to be encouraged (*Acts 27:22-25 NKJV*)

1. He had a connection with God
2. He had a word from God - that he believed

C. Paul continued to exalt God (*Acts 27:34-36 NKJV*)

1. Even though the storm had not stopped
2. His words were solution oriented

GOD-SOLUTIONS FOR WHEN YOU ARE FEELING DOWN

A. Don't judge/disdain someone else's down time

1. What gets them may not bother you - and vice versa

B. Think about and talk about your connection to God

1. We are not alone - we are family (*Romans 8:15 NLT*)

B. What can you believe about the situation

1. Jesus asked two men what they believed (*Matthew 9:28 NKJV*)
2. We can believe His promises in the Bible
3. We can believe what the Holy Spirit whispers to our heart

D. Give thanks to God before things change

1. This is making God bigger than the problem (*Psalm 69:30 NKJV*)
2. Positions us to be encouraged and encourage all on board with us