Adullam – Part 1. Chris Highfield

Shiloh Church           05/05/2024

Psalm 142:1 – “I cry out to the Lord with my voice; With my voice to the Lord I make my supplication.”

Psalm 42:3-5 - My tears have been my food day and night, while people say to me all day long, “Where is your God?” These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty Onewith shouts of joy and praise among the festive throng. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Proverbs 23:7 – “For as he thinks in his heart, so is he.”

* I will never change \_\_\_\_\_\_\_\_\_\_\_\_ until I change the way \_\_\_\_\_\_\_\_\_\_\_\_

**WHO ARE YHOU LISTENING TO?**

1. The \_\_\_\_\_\_\_\_\_\_\_\_\_ will lie to you.

John 8:44 – “When he (the devil) lies, he is speaking his native language, for he is a liar and the father of lies.”

1. The \_\_\_\_\_\_\_\_\_\_\_\_\_ will pollute you.

Ephesians 4:17-18 – “So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. The are darkened in their understanding and separated from the life of God.”

1. Your \_\_\_\_\_\_\_\_\_\_\_\_\_ will confuse you.

Psalm 10:1 – “Why, O Lord, do you stand far off? Why do you hide yourself in times of trouble?”

Psalm 10:17 – “You hear, O Lord, the desire of the afflicted; you encourage them, and you listen to their cry.”

Psalm 13:2 – “How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?”

**OVERCOMING DEPRESSION**

Lamentations 3:19-20 – I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.

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

* I will never change the way \_\_\_\_\_\_\_\_\_\_\_ until I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Romans 12:2 – Do not be conformed any longer to the pattern of this world, but be transformed by the renewing of your mind.

Romans 8:5-6 - Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. **6**So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ every day.

Hebrews 4:12 – “For the word of God is living and active. Sharper than any double-edged sword. It penetrates even to dividing soul and spirt, joints and marrow; it judges the **thoughts** and attitudes of the heart.”

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