

# OVERCOMING NEGATIVE EMOTIONS

## DEPRESSION

God hasn't left you in your depression. He loves you and wants you to have joy. Run to Him even in the darkness.

## FEAR, ANXIETY, STRESS, WORRY

When combatting fear it is important to remember that God is with us and God loves us.

1 John 4:18

## FRUSTRATION AND BEWILDERMENT

When facing bewilderment and frustration, look past what your immediate circumstances and see God at work in the background. He's still with you, and He's leading you.

## LONELINESS

Bring all your loneliness to Jesus. Jesus has promised to never leave or forsake you.

Isaiah 53:3

## GUILT

While Conviction comes from God, guilt is oppressive and leads to feelings of distance from God. When experiencing guilt, fight back by remembering God forgives you of your sin and cleanses you.

## INSECURITY

Insecure thoughts isolate you from others and lead to self-loathing. The biblical solution to insecurity is knowing your identity in Christ.

## DOUBT

The only way to be free from doubt and experience assurance of salvation is to look to Jesus.

## INFERIORITY

When feeling inferior remember that God uses ordinary people to accomplish extraordinary things. Ask the Lord to use you.

