

## **Sorrow and Renewal**

Scripture Reading: Colossians 3:1-17

### **TALKING TO DEPRESSION**

Colossians 3:16

### **BEING RENEWED IN OUR MINDS**

Colossians 3:10

Ephesians 4:23

II Corinthians 4:16-18

Romans 12:2

### **THE ROLE OF THE SCRIPTURES**

Romans 15:4

Psalm 119:28 *My soul weeps [melts away] because of grief [sorrow];  
Strengthen me according to Your word.*

Psalm 119:143 *Trouble and anguish have come upon me, Yet Your  
commandments are my delight.*

Luke 11:13

## **THE REVERBERATION OF THE SCRIPTURES**

Job 6:14 *For the despairing man there should be kindness from his  
friend; So that he does not forsake the fear of the Almighty.*

Hebrews 3:13 *Encourage one another daily + Hebrews 10:25 not  
forsaking our own assembling together, as is the habit of some, but  
encouraging one another = "Keep getting together for daily  
encouragement."*

### **RESISTANCE TO RENEWAL**

### **EXAMPLES OF RENEWAL**

I Corinthians 13:4-6; Psalm 18:2; Luke 12:32; Matt. 28:20; Psalm  
23:1; James 1:20; I Peter 2:23; Ps. 86:15; Ps. 103:14; John 17; Heb.  
12:2; Romans 5:3; James 1:3, 5:11

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