

WELCOME

Our Mission is to . . .

- Connect you to Jesus
- Connect you to His community for discipleship
- Connect you to your mission and purpose in life

We are not here to tell you what to wear, eat, listen to, vote for, or even believe. These are things you must determine for yourself if you want to have real faith. We are here to give you truth, facts, tools and point out that every choice, every belief, and every action you make is tied to an outcome in your life. You can't do life without developing a strong foundation and becoming a person of substance. This is your journey, your discovery, and you will reap the benefit of the work you do.

FHNew - Our mission as a church is to do everything we can to help you grow your faith. If you would like to get to know us a little better or begin or continue your journey of faith, text **FHNew** to **53123** and we will send you a link to a few short videos about Foothills Church, or stop by the **Connection booth in the Atrium.**

FHBaptism - One important step in your faith journey is being baptized. To learn more about baptism, text **FHBaptism** to **53123** and we will send you the teaching on Believers' Baptism.

ONGOING

- [Moms groups](#) (links)
- [Bible Recap](#) – read through the Bible
- **Weeds in My Garden** – 8 week sermon series (started February 4), on **Mental Health --** suicide, self-harm, stress/anxiety, burnout, low self-esteem and depression.
 - **Pray the Holy Spirit** gives Pastors Doug and Harv the words that people need to hear
 - **Pray for the staff** who will be fielding questions on topics of which we are not experts as well as reaching those in our community who are feeling isolated and alone
 - **Pray about whom you might invite**: friends, family members, co-workers. Everyone wrestles with these issues or has a loved one who does, and we can all use tools in our toolbox to navigate life
 - **Testimonies**: If you have a testimony or story that could help someone, please tell it. You can **use the QR code** on the screen to sign up.
 - **Counselors**: We are looking for partners in this series. If you are a counselor or mental health professional and would like to be a resource for those in need, scan the QR code for a link to the **Counselor Info Form**.
 - **Parents**: If you typically bring your kids (6th grade and under) to the auditorium for church, during this sermon series I encourage you to take advantage of our kids' ministry for this series. We don't want to put ideas in their heads that you will have to navigate as a parent.
- **Master Course: The Nature of God** – 6-week course **started Thursday, February 15**, 6:30-8 pm in the Youth Center. Purpose: Encourage mature and growing Christians to the next level in their knowledge and understanding of God. **Additional courses will be coming.**

INTRODUCTION

We are in a series called **Weeds In My Garden**, an honest conversation about mental health.

Today we are talking with Drs. Jeff and Sue Wagamon about DEPRESSION.

The Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves those who are crushed in spirit. Psalms34:17-18 NASB

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. Isaiah 41:10 NLT

. . . having cast all your care on Him, because He cares for you. I Peter 5:7 LSV

DEPRESSION

Five of the following 9 symptoms need to be present for at least 2 weeks to receive a diagnosis of depression. One of the first two symptoms must be present.

1. **Depressed mood** (sad, empty, hopeless) most of the day, nearly every day. In children and adolescents, this can be **irritable mood**.
2. Markedly diminished **loss of interest or pleasure** in most activities most of the day, nearly every day.
3. Significant **weight loss** or **weight gain** (5% of body weight in a month) when not dieting, or a decrease or increase in **appetite** nearly every day.
4. **Insomnia** or **hypersomnia** nearly every day.
5. **Psychomotor agitation** or retardation nearly every day.
6. **Fatigue** or **loss of energy** nearly every day.
7. Feelings of **worthlessness** or excessive inappropriate **guilt** nearly every day.
8. **Diminished ability to think or concentrate**, or **indecisiveness** nearly every day.
9. Recurrent **thoughts of death or suicide**.

THINKING

...and we are taking every thought captive to the obedience of Christ. **2 Cor. 10:5 NIV**

...but let God transform you into a new person by changing the way you think. **Romans 12:2 NLT**

...for as he thinks in his heart, so is he. **Proverbs 23:7 MEV**

A-B-C THEORY OF EMOTIONAL DISTURBANCE**Activating Event**

- Financial problems, work, relationship, health, chronic pain, trauma, memory

Beliefs & Thoughts

- Thoughts flow with the current event
 - This is terrible and awful, they are going to fire me, I am going to lose everything, my spouse doesn't love me, they don't like me, they are a jerk, it's all my fault
- Beliefs are deep and flow with what we have learned in the past
 - I'm bad, I don't deserve anything good, I'm worthless, things will end badly for me, don't trust, nobody loves/likes/cares about me, God hates me, I will never get better

Emotional Consequence**Dispute the Thinking**

- Common categories of thoughts to fight
 - All or Nothing Thinking
 - Mind Reading
 - Catastrophizing or Minimizing
 - Emotional Reasoning
 - Should Statements
 - Labeling

New Emotion**DISCUSSION QUESTIONS**

1. When you think of depression, what is the difference between feeling down and feeling chronically depressed?
2. What are signs of depression that you may not have considered before? How can you look for them in yourself or people you care about?
3. What is the best thing to do when you feel yourself falling into depression or someone you know might be?