

When A Member of the Flock Needs Special Care

Drs. Greg Knopf & Gary Lovejoy

Lesson 6 – Things We Can Do To Help – Part 2

12. The self-esteem issue lies at the root of everyone who is depressed.
13. Isa. 64:8 – God is the potter, we are the clay. He gets his greatest pleasure when his handiwork gives pleasure to others. When are you going to take pleasure in you?
14. Make a composite list of all the strengths others see in you. Look at them several times a day. Select one and enjoy the fact you have that strength. Then breathe a brief prayer thanking God for that strength and letting him know you appreciate him being the source of all you are.
15. Difference between self-esteem and narcissism.
16. Each of us brings unique strengths that enhance the church.
17. It's not possible to treat others in a negative way, without damaging your self-esteem.
18. Anger can derail this whole process.
19. We have a choice in how we deal with anger:
 - a. Suppress it – we keep on pushing it down.
 - b. Repress it – divorced from feelings
 - c. Express it – let it fly, explode, they feel fine but everyone else is bleeding
 - d. Confess it – talk it through with the person with whom you are angry
20. John 11 – Jesus expressed it best. He weeps and by that was saying, “I understand...”
21. Anger is an acute signal that something is wrong. Depression is a chronic signal.
22. Examples of Jesus' love. He did everything he said in the Sermon on the Mount when he went to the cross.

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23. Look at the hurt behind the anger.

Closing:

1. Depression is complex and is a spectrum from mild to severe.
2. Depression is an alarm system – pay attention to what is going on in your life.
3. Take care of your body: food, exercise, etc.
4. Meditate on Scripture
5. Music can be helpful for some
6. 1 Thess. 5 – “may God make you holy and whole... and keep you fit...”
7. 2 Cor. 1 – “...comfort others as you have been comforted.”