



# The Word at Work

God is good so...

## why do I sometimes feel so bad?

### Reading the Word

*Key Scriptures:* various

### *Key Points:*

God wants you to know the joy of your faith (Phil.1:25-26). God is good and he wants you to be happy. Although there may be different reasons why people feel down, don't allow any of your thinking about it to take away from God's goodness.

Everyone experiences low moods at times though don't label yourself as a depressive.

There are 3 main kinds of causes for low moods:

1. ***Circumstantial Causes*** (see previous notes on '...why do bad things happen?' for help on dealing with this)
2. ***Chemical Causes*** (the body can affect the soul)
  - Allow for these and do whatever you can to help your body deal with them
  - Recognise that the power of the Word and the Spirit within you can affect even your body
3. ***Carnal Causes***
  - This is when we allow our soul (mind-emotions-will) to dominate us, instead of allowing the S/spirit to rule the soul
  - We are letting our feelings/moods run away with our thoughts and we need to have to learn to reign them in

Often there is a mixture of the three. If we always think it is always carnal causes when there are circumstantial and chemical factors involved, we will do ourselves and others damage. If we always blame the circumstantial or the chemical, we will never take responsibility to rule our thoughts and feelings.

### **Dealing with the carnal causes of low moods:**

1. ***change your thinking*** (Prov.23:7; Rom.1:2)
  - get a grip of your thoughts and reign them in before they carry you away like a wild horse
2. ***talk to yourself*** (Ps.42:5,11)
  - talk to yourself instead of letting your self talk to you.
  - tell yourself what the word of God says is true, in contradiction to your feelings
3. ***do what you know it is right to do even when you don't feel like it***
  - praise God no matter how you feel
  - it is easier to act your way into a better way of feeling than it is to feel your way to a better way of acting

### Doing the Word

#### ***To Discuss:***

1. How does recognising the different causes of low moods help?
2. Why is it important to get a grip of our thinking and how does talking to ourselves help this?
3. Why is it important to do what it right despite your feelings?

#### ***To Do:***

1. When next feeling down, assess the causes and apply the 3 ways of dealing with it suggested above.

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