



Self-Examination Checklist

My relationship with God:

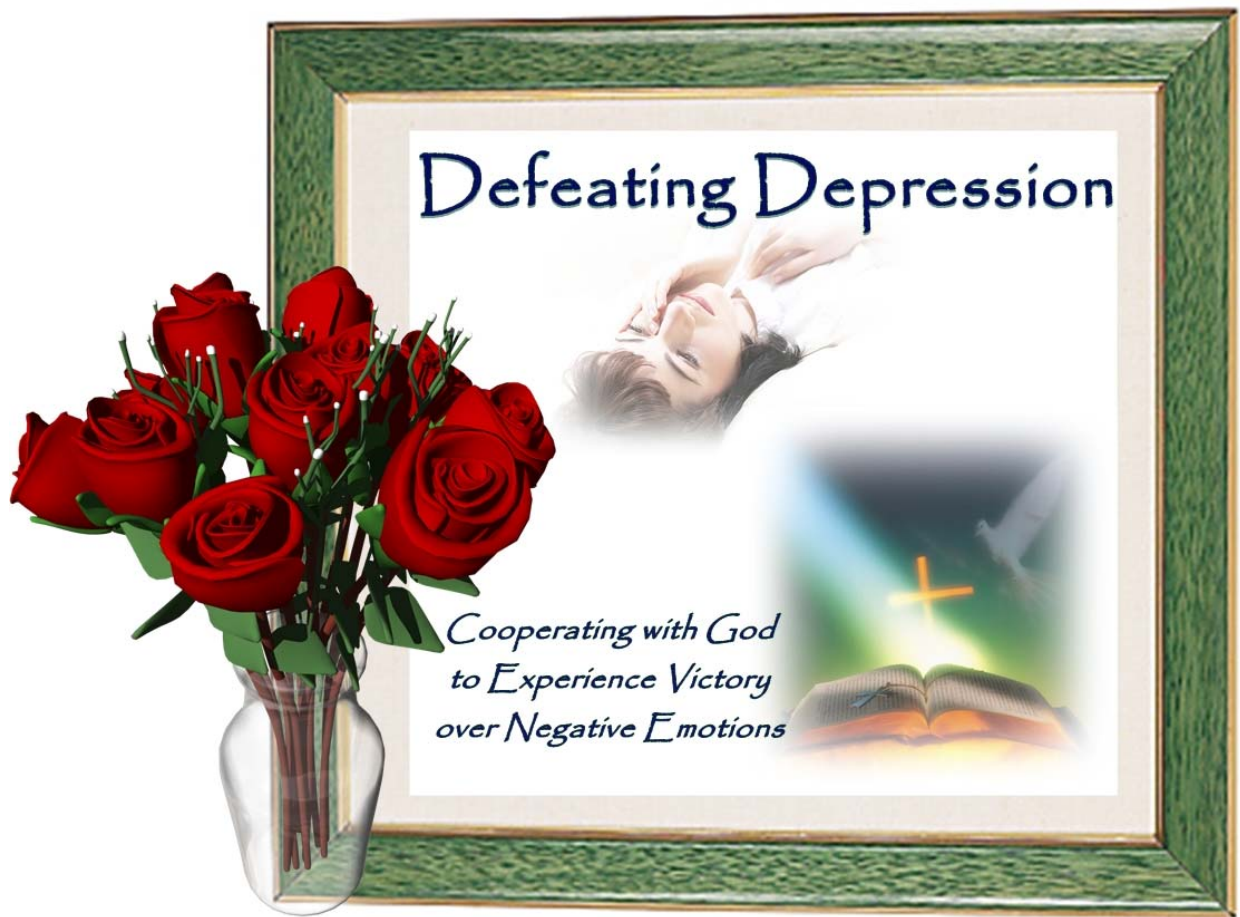
- ☐ I am reading or studying the Word on a daily basis
- ☐ I am communicating with God through prayer regularly
- ☐ I connect with God through other means: music, Bible teaching, and Christ-centered fellowship with other believers
- ☐ I make an effort to hear from God during times of silence and solitude
- ☐ I am striving to align my life with God's Word and pursue the blessings of moment-by-moment obedience to the Holy Spirit

My relationship with Others:

- ☐ I am investing in my marriage through regular communication, intimacy, and time spent with my husband
- ☐ I regularly connect with my children emotionally and spiritually
- ☐ Our family regularly makes time to enjoy one another and have fun together
- ☐ I am discipling my children in the faith by sharing the Word of God with them throughout the day
- ☐ I consistently keep a "clean slate" in all of my relationships, regularly forgiving those who have offended me (whether knowingly or unknowingly)
- ☐ I strive to keep my relationships healthy by focusing on the good and speaking well of others

My place in the World:

- ☐ I prefer to pursue the things of God rather than "earthly things"
- ☐ I am able to keep an "eternal perspective," even when everyday events seem overwhelming
- ☐ When I am engaged in the world, I look for opportunities to minister



A Personal Journal
to accompany the Audio Seminar by Cynthia Carrier

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This workbook and personal journal are designed to accompany the audio/ebook, *Defeating Depression: Cooperating with God to Experience Victory over Negative Emotions*. It is my prayer that these questions and meditations will draw you into a deeper relationship with the Lord, wherein you will find peace and joy in the Holy Spirit:

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit (Romans 12:13).

Depression and related negative emotions are a lie; God's Word is truth and His power is sufficient to overcome. Continue to press into His presence and press on in your walk, fighting the good fight of the faith. God will heal, restore, and bless you more than you can imagine as you cooperate with His Divine plan for your life.

With Hope in Him,

Cindy Carrier
July 2008



The Power of Your Testimony

Read

Revelation 12

This chapter of Scripture paints a vivid picture of a great war in heaven. The culmination of this event is the casting down of Satan, who now “is filled with fury, because he knows that his time is short” (verse 12) and who “leads the whole world astray” (verse 9). He is a formidable foe, and he roams the earth seeking retribution for his loss (see 1 Peter 5:8).

Of particular interest here are verses 10-12, which tell us how this heavenly victory was won: “They overcame him by the blood of the Lamb and by the word of their testimony” (verse 11).

Satan uses many tactics to render us ineffective and unproductive for God’s Kingdom, and depression is just one of those. There is victory, however, when in the midst of our struggles we can claim the blood of Christ over our situation and share our testimony. Be prepared to share your own testimony with others. Loose the hold that depression and other negative emotions have on you, and begin to chip away at the enemy’s strongholds.

Meditate

Think about your testimony: how you came to know Christ, how the working of the Holy Spirit has changed your heart and mind, miracles God has worked in your life, or breakthroughs (big or small) that you have experienced in your areas of struggle.

Use the space on the next page to write out a brief personal testimony. There is *power* in your testimony because of what Christ has done. Write it, so that you will be prepared to speak it. Then, pray that God will bring an opportunity to share that testimony so that you can be an encouragement to someone else.



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Prayer:

Lord, thank you for the precious blood of Jesus and for your power at work in my life. Open my eyes so that I might see Your Hand in my life's circumstances. Prepare the words of my testimony and give me opportunity to share it boldly, that You might be glorified.





United with Christ

Read

Philippians 2:1-18

How does this truth apply when you are struggling with depression? It means that your unity with Christ should prompt you to sacrifice your own desires, to put aside your own feelings, and to do what is best for others.

Granted, this is not an easy task. However, God's grace is sufficient for you to achieve the goal. Jesus often gave up sleep, food, and his own agenda in order to minister to others. Ultimately, He was obedient to the suffering and death of the cross. How much more should we willingly throw aside the hindrances imposed by our negative emotions, and wholeheartedly pursue a closer walk with God? It is only as we "work out our salvation with fear and trembling" (verse 12) and grow in unity with Christ and others that we attain the fullness of Christ (see Ephesians 4:13). This is where we begin to experience victory!

Meditate

Do you feel as though you are "united with Christ?" Think about some ways that you can cultivate a closer relationship with your Savior. Toss aside legalistic methods of reaching out to God, and seek unity with Him in the Spirit. Don't read your Bible just to say you read. Meditate on the Word. Pray in your quiet times, but also actively talk *and listen* to God and *throughout the day*. Allow the reality of Christ—His life and His character—to change you, from the inside out.





My thoughts...

Prayer:

Oh, Lord, help me to know Jesus more and more, that His humility would be the hallmark of my character. Show me how to consistently lay down my own life—even refusing the selfishness and self-centeredness of depression, so that I can serve you by loving others.

