

Down in the Dumps

Poor, Poor,

Pitiful Me



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HOW TO GET YOURSELF  
DOWN IN 4 EASY STEPS:

**1. WEAR YOURSELF OUT.**



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# HOW TO GET YOURSELF DOWN IN 4 EASY STEPS:

1. WEAR YOURSELF  
OUT.

2. SHUT PEOPLE OUT.



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# HOW TO GET YOURSELF DOWN IN 4 EASY STEPS:

1. WEAR YOURSELF OUT.

2. SHUT PEOPLE OUT.

3. FOCUS ON THE  
NEGATIVE.



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# HOW TO GET YOURSELF DOWN IN 4 EASY STEPS:

1. WEAR YOURSELF OUT.

2. SHUT PEOPLE OUT.

3. FOCUS ON THE NEGATIVE.

4. FORGET GOD.



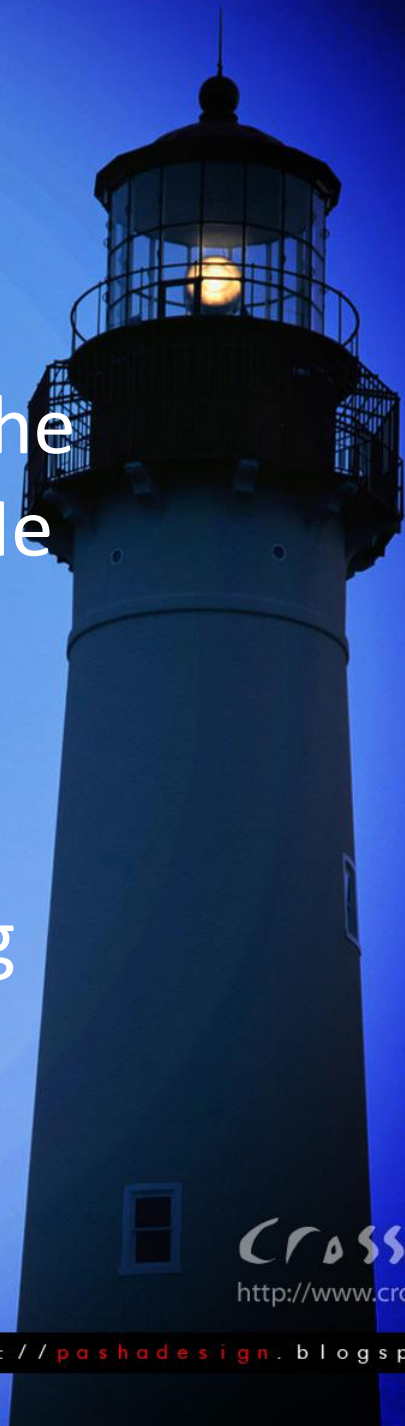
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## GOD'S REMEDY

Psalm 40 1 – 3

“I waited patiently for the LORD; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD.”



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# GOD'S REMEDY FOR RESTORATION:

✓ **GOD SAYS TO EAT  
AND REST.**



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# GOD'S REMEDY FOR RESTORATION:

GOD SAYS TO EAT AND  
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✓ GOD REPLACES OUR  
LIES WITH HIS TRUTH



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GOD'S REMEDY FOR  
RESTORATION:

GOD SAYS TO EAT AND REST

GOD REPLACES OUR LIES  
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✓ GOD SPEAKS IN A STILL,  
SMALL VOICE



# GOD'S REMEDY FOR RESTORATION:

- ✓ GOD SAYS TO EAT AND REST
- ✓ GOD REPLACES OUR LIES WITH HIS TRUTH
- ✓ GOD SPEAKS IN A STILL, SMALL VOICE
- ✓ GOD GIVES US SOMETHING TO DO.



# GOD'S PROMISE

Galatians 6:9

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”



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