

# BEYOND SUNDAY



**SERMON DATE • JANUARY 7, 2024**

*Missed the sermon? Watch [here](#).*

**DUANE VANDERKLOK**

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

## MESSAGE THEME

**RISE ABOVE - VICTORY OVER DEPRESSION**

## PRAYER FOCUS

God, I thank you for the honor of knowing that you paid the price for my sin. I am so grateful that you have called me yours and equipped me with unique gifts to benefit the kingdom. You want what is best for me and you always provide for my needs. You are such a good father. Amen

## KEY TRUTHS

This time of year it can be easy to feel discouraged. A story in the Bible that contains feelings we can relate to is found in the book of 1 Kings when Elijah goes from an extreme high to an extreme low. He starts by proving how worthy our God is to all of the false prophets and in the very next story he is asking God to let him die. His wrong thinking brought wrong emotions and feelings. When we don't practice being thankful, it does something inside of us. When we get blessed, it's natural to think it was us but we have to keep in mind that all of our blessings come from God. He is always looking out for us even when it's hard to see.

Envy is when we focus on what we don't have. When we take the posture of envy, it's hard to notice and be thankful for the opportunities and gifts that we have. Rather than being grateful we focus on what we don't have and get upset with God.

Another thing that can kill our thankfulness is comparison. Every person has equal value but not equal ability. We all have different strengths and weaknesses and when we compare our strength to someone else's weaknesses we think we're better than them. In the same way, when we compare someone's strengths to our weaknesses, we think we are less important. The Bible points out that it is unwise to compare ourselves to others. We are all built uniquely different from each other on purpose. We can't develop what God hasn't put inside of us, but we can focus on what he has given to us and work on growing in that area.

The good news is that God has promised us perfect peace if our mind stays on him. The Bible gives us a list of things to keep our mind focused on in Philippians 4:6-8.

## **PRACTICAL APPLICATION**

The greatest mental health agent is having a thankful and a grateful heart and focusing on the blessings. As you go through and read the Bible, see what you can apply to your own life and where you can give thanks. Giving thanks IN everything is different than giving thanks FOR everything.

## **REFERENCE VERSES**

- James 5:17-18
- 1 Kings 19:1-4
- 1 Thessalonians 5:18
- Romans 1:19-23
- Isaiah 5:20-21, 26:3
- Deuteronomy 8
- 2 Corinthians 10:12, 10:3-5
- Matthew 25:15
- Proverbs 14:30
- Luke 12:15
- Ecclesiastes 5:10
- Phillipians 4:6-8

## DECLARATIONS

Jesus is my healer. Jesus wants me well.

The power of God is available for me to be healed.

God wants what is best for me and has good things for me.

## WHAT'S NEXT?

Now it's time to write down anything the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.



*If hearing God or anything mentioned in this study is new to you then we invite you to take the Next Step.*

*Further information can be found at [reslife.org/nextsteps](https://reslife.org/nextsteps)*