**Lessons from the Dark Valley of Depression**

The Story of our Journey

Life Lessons that God is seeking to work into my heart

1. My life is sustained by Jesus Christ. (Heb. 12:2; Phil. 4:13)
2. “Knowing” Him should always precede our “doing”. (Ps. 46:10; Phil. 3:10)
3. We can’t earn God’s healing. (Eph. 1:11, 2:8; 2 Cor. 12:9)
4. God gets to choose our ministry. (Ps. 18:30; Acts 20:24; Prov. 19:21)
5. Suffering is a tool of God’s grace. (Rom. 8:28-29; James 5:11)
6. We need to adjust our lives to the season that we are in. (Ec. 3:1)
7. God’s gracious gifts are to be humbly received. (Phil. 4:18-19; James 4:6; 1:17)
8. I’m a person in process. (2 Cor. 4:16 ; Phil. 1:6)

1. My ground for hope is God’s lovingkindness and faithfulness. (Lam. 3:22-24; Job 13:15)
2. God holds our future in His hands. (Phil. 4:4-9; 3:14; Rom. 8:32; 38-39; 2 Cor. 4:16-17).