



# SOUL DETOX

## Are You OK?

*“Since we have these promises, dear friends, **let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.**”*

**Numbers 11:14-15; Jonah 4:3; 1 Kings 19:4; Psalm 42:1-11; Proverbs 23:7**

**Biblical truths to help battle depression...**

**1. RIGHT THINKING LEADS TO RIGHT LIVING – (Psalm 42:6)**

*My soul is downcast within me; **therefore I will remember You...***

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*“What we think...is what we become.”*

**2. PRAISE GOD THROUGH THE PAIN – (Psalm 42:11)**

*Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, **for I will yet praise Him, my Savior and my God.***

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**Q: What are some ways you can change wrong thinking into right thinking?**