



JOY PRODUCES STRENGTH!



DECEMBER 2020

"Tis the season to be jolly," but is it becoming a season of sadness for you? We've entered the holiday season, and an issue that many people face during this time is falling into holiday-related depression. With all of society portraying images of happy family gatherings during the holiday season, many people get depressed because they don't have what most would call a happy family.

In addition, thoughts, concerns, and worries about the details of holiday celebrations also often weigh people down.

Depression is comprised of feelings that come from external pressure that get on the inside of us and weigh us down. Depression is stress or pressure internalized, the feelings that come from thinking thoughts that weigh us down. Basically, we have negative thoughts, we continue to dwell those thoughts, and, eventually, we're weighed down by those thoughts. Feelings of heaviness fester as a result of the negativity we focus on. What should you do when those thoughts come? When bad memories and negativity begin to bombard your mind during the holiday season, try the following:

Admit it to yourself first.

Many times when we are depressed, it is difficult for us to be honest with ourselves and admit our true feelings. We need to face the issue and avoid pretending nothing is wrong. If we ignore our feelings, that will only make things worse. How can we be healed of something we don't even acknowledge?

Change your mindset and align it with God's Word.

We all have heavy thoughts from time to time, but we don't have to allow them to remain. You may wonder, "How can I change those thoughts that cause depression? They just seem to come from nowhere." One way is to pay attention to what you're focusing on; this can be called meditation. One form of meditation is speaking something over and over again. Today, we can stop talking *about* our problems and start talking *to* our problems about the Word of God! There is a spiritual battle going on, ladies and gentlemen, and the battleground is the mind. It's important that we continue to renew our minds with the Word. The Word produces joy; joy produces strength; strength destroys weaknesses; and depression is a weakness.

Take authority over depression by speaking God's Word.

"Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully" (1 Peter 5:7, AMPC). Practically, we're going to deal with depression. We're going to trust God with negativity and issues that weigh us down. See, this is where the rubber meets the road because it requires a real *relationship* with Jesus Christ. We cannot be phony, and also cast our cares onto Him. We have to build a relationship with Him, a personal relationship in which we trust Him with those things that make us sad. We trust *Him* to take care of those things, not ourselves or our own human strength.

First Peter 5:7 teaches us that instead of carrying care, stress, or anxiety, cast it onto God! This may sound easy or religious, but God is teaching us something through this Scripture! We know we have to change our thinking in order to change how we feel. In order to cast it on the Lord, we have to cast down thinking that is making us depressed and replace those thoughts with the Word of God. Again, we can do that by speaking the Word, or by exposing ourselves to God's hopeful promises in other ways. I pray that this blesses you!

God will help you deal with your negative emotions during this holiday season. Relax and stay focused on Him. He's working all things for your good! Taffi and I love you, and *"...in all of your getting, get understanding."*

In Him,



Creflo Dollar

P.S. We want to make sure you get this month's free message. Download *The Effects of Praise* at <https://bit.ly/2I7tesJ>

"CASTING THE WHOLE OF YOUR CARE [ALL YOUR ANXIETIES, ALL YOUR WORRIES, ALL YOUR CONCERNS, ONCE AND FOR ALL] ON HIM, FOR HE CARES FOR YOU AFFECTIONATELY AND CARES ABOUT YOU WATCHFULLY" (1 PETER 5:7, AMPC).

2021 CONFERENCES

CHANGE EXPERIENCE 2021 (VIRTUAL CONFERENCE)

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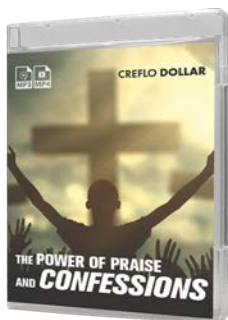
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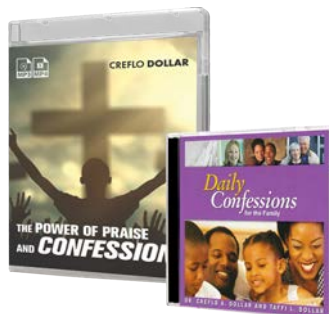
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SPEAK GOD'S WORD!

THE JOY OF THE LORD IS MY STRENGTH! (NEHEMIAH 8:10)

I DON'T CARRY CARE, STRESS, OR ANXIETY; I CAST IT ON GOD!
(1 PETER 5:7)

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