

"'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, (reflo of ollar

Creflo Dollar

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

"IN EVERY THING GIVE THANKS: FOR THIS IS THE WILL OF GOD IN CHRIST JESUS CONCERNING YOU" (1 THESSALONIANS 5:18). PLEASE REQUEST A GIFT RESOURCE TODAY. THANK YOU, AND GOD BLESS YOU!

ACHIEVE EMOTIONAL STABILITY

OFFERS EXPIRE FEBRUARY 2021



Embrace the nature of God within you!

Creflo & Taffi, Enclosed is my seed to Creflo Dollar Ministries. I'm excited to take part in spreading the message of grace and impacting people all around the world.



☐ Thank you, but please DO NOT send me any resources this month. Please return this entire form with your gift to Creflo Dollar Ministries. See reverse for information on making donations.

Please email this page with your gift to Creflo Dollar Ministries. Email: partner@cdmsa.co.za

Please confirm receipt by phoning: +27 11 794 5501

Thank You,

DEAR VISION PARTNERS, WE HAVE SEEN GOD'S GRACE MANIFOLD INTO PLACES, SITUATIONS AND PEOPLE THIS YEAR THROUGH THE POWER OF PARTNERSHIP. THANK YOU FOR YOUR FAITHFULNESS AS A COVENANT PARTNER AND ENABLING US TO SHARE THIS GLORIOUS GOSPEL OF GRACE.

> Our sincere condolences to families who have been affected by the COVID-19 pandemic. Please know that you, and your loved ones, are in our thoughts and prayers.

2020 BROADCAST LISTING

TBN AFRICA CHANNEL 341

Changing Your World (Monday – Friday) 6AM Changing Your World (repeat) 11PM Taffi Talks (Sunday) 8AM Taffi Talks (repeat Monday) 9:30AM

FAITH AFRICA CHANNEL 343

Changing your World (Monday – Friday) 8AM Changing your World (Sunday) 4:30PM Changing your World (Monday – Thursday) 9PM Taffi Talks (every Sunday) – 9AM Taffi Talks (every Monday) – 9:30AM (repeat)

TSHWANE TV CHANNEL Changing your World (every Sunday) 3:30PM

DAY STAR CHANNEL 342 Changing your World (Monday – Friday) 10:30PM

2021 CONFERENCES

CHANGE EXPERIENCE 2021 (VIRTUAL CONFERENCE) January 22 – Trinidad

SPARK WOMEN'S CONFERENCE 2021 March 18 - 21 – College Park, Georgia





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)



ATTENTION WOMEN

Join women from all over the world as we are empowered to understand the value God has placed within all of us. This experience is sure to be life-changing for women seeking to leave behind insecurities and embrace the promises of God.







THE POWER OF GIVING

God is trying to teach us through the Scriptures about the tremendous power of giving, but are we understanding His message? In both the Old and New Testaments, we can see the results of generous giving; we are taught to give generously and with the right motivation. We see results only when we give out of love and thanksgiving to God for what He has done; we must never be motivated by greed or the goal of getting something. As believers, we begin to lay hold of spiritual things when we start to give. The world will always come up with reasons why we cannot give, and sometimes we may find ourselves outside of our comfort zone when we follow God's lead regarding tithes and offerings. We can say we trust Him, but the proof is seen in how we handle money. The level of our giving is an indicator of how much we trust God.

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life (John 3:16). God gave us something very precious to Him, He set the standard for giving. Love was God's motivation for giving, and it should be ours as well.

This Christmas, help us give the gift of life to 20 cancer diagnosed children in need of medical care. Your gift of \$60 will pay for an entire year of cancer treatment for 1 child. It doesn't take much to change a life and impact a family, making a mark that cannot be erased!

Sow into the Kenya Empowerment Project, and be a part of change in the lives of others. Use the below banking details:

To Give Via MPESA Paybill Business Number: 600100

Account Name: Creflo Dollar Ministries Account Number: 0100003188374 Bank Name: CFC Stanbic Bank Swift Code: SBICKENX Bank Code: 31000



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PRAYER REQUEST

Please provide your current e-mail address for ministry news and updates: _

UPDATED DETAILS CAN BE FAXED TO 011 794 5500 & CONFIRM RECEIPT BY CALLING 011 794 5501.



OUR VISION

As we proclaim Jesus, the Christ, as the Head of the Church and the manifested Word of God, our goal is to teach the Word of God with simplicity and understanding so that it may be applied to our everyday lives in a practical and effective manner; thereby being transformed into World Changers—changing our immediate world and all those with whom we come in contact —ultimately Understanding Grace | Empowering Change.

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