



# Learning Helps to Daily Cope with Depression, Part 1

11/28/21

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## Chapter 9: Promises and Prayers (93)

### Writing Messages to Ourselves (94)

- It sounds strange but we will want to learn how to talk to ourselves about God's promises

### Promises Fuel Realistic Hope

- 95-96: What practical help do promises afford us?
- 96: Promises make it so:
- Sometimes God's promises ease our burden of mind.
- 97: At other times, promises spoken bring no felt relief at all.

### We look for like cases in the Bible (97)

## Pleading the Promises

### What do we learn? (102)

- Promises aren't magic.
- Promises differ from our desires.
- Promises must be promises.
- Promises return to Jesus. (2 Cor 1:20).

### Next Steps

1. What can the promises of God do for someone who is suffering?
2. How should we respond when promises spoken bring no felt relief? (97)
3. Eswine offers several cautions about using promises on page 102. Summarize his main points.
4. What is a promise that brings you particular help in your trials? Meditate on it today. If you don't have one that comes to mind, seek one out this week (ask a fellow Christian, search the Bible, use online resources)