

### OVERCOMING PERIOD OF DOWNWARDNESS (POD)

New Life Bible Church

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A family friendly, never alone, purpose driven church

POD: It is a state of a church goer's spiritual condition. A common sign is when there is a feeling that your life source is slipping away or going in the wrong direction. Vacations, job changes, weight loss, exercise, shopping, hobbies or vices just don't seemed to have their desired effect. POD is ALWAYS accompanied with this thought, "maybe if I go back into church or get more serious in church, things would be better".

POD:

What it is not, depression, panic attack, the Blues, long term fear nor loneliness

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Scripture example of POD. My insides are turned inside out; thought of death and life have me

down. I shake with fear, I shudder from head to foot. "I said, "Oh, that I had wings like a dove! I would fly away and be at rest. I would flee far away and stay in the desert; I'm desperate for a change; How quickly I would escape— far from this wild storm of haters. As for me, I will call to God, and the Lord saves me. Evening, morning and noon I cry out in distress, and he hears my voice. P salm  
55:4-8,16

1. POD is a spiritual condition, caused by a Satanic attack.

Wake up! Strengthen what remains and is about to die. Revelation 3:2

Cast all your anxiety on Him. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. The family of believers throughout the world is undergoing the same kind of sufferings. 1 Peter 5:7-9

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12

The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. John 10:10

But people who aren't spiritual can't receive these truths from God's Spirit. It all sounds foolish to them and they can't understand it, for only those who are spiritual can understand what the Spirit means. 1 Corinthians 2:14

2. POD is not terminable, we can become alive and whole again.

Wake up! Strengthen what remains and is about to die. But as for me, my feet had almost slipped; I had nearly lost my foothold, till I entered the sanctuary of God;  
Psalm 73:2,17

If God hadn't been there for me, I never would have made it. The minute I cried out to HIM, "I'm slipping, I'm falling," God, took hold and held me fast. When doubts filled my mind, your comfort gave me renewed hope and cheer.  
Psalm 94:16-19

Praise the Lord, oh my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion.  
Psalm 103:2-4

3. Re-direct your thought process.

Remember, therefore, what you have received and heard; hold it fast, and repent. Revelation 3:3

For as a man/woman thinks within himself, so he is. Proverbs 23

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Philippians 4:8

We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ. 2 Corinthians 10:5

Examine my anxious thoughts. See if any are destructive, help me redirect them in a more productive way. Psalm 139:23

4. Change your behavior from the way you formerly reacted.

Up on your feet! Take a deep breath! Maybe there's life in you yet. Your condition is desperate. Think of the gift you once had in your hands, the Message you heard with your ears—grasp it again and turn back to God. REPENT!" Revelation 3:2-3

Can an Ethiopian change his skin or a leopard its spots? Neither can you do good who are accustomed to doing evil. Jeremiah 13:23

Hoke on to the promises that enable you to share HIs divine nature and escape the behavior caused by your human nature. 2 peter 2:4

Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. Philippians 4:9

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