

“HOW TO OVERCOME THE DOLDRUMS ”

New Life Bible Church

Pastor Mclauchlin

A family friendly, never alone, purpose driven church

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Doldrums: A state of inactivity, stagnation, a feeling of melancholy, dejection. Depressed mood. Down in the dumps.

You have circled this mountain long enough. Deuteronomy 1:6,2:3

1. Do a 180 degree turn in your thinking.

Turn and set your journey, and go to the hill country. Deuteronomy 1:7

For as a man thinketh, so is he Proverbs 23:7

Don't entertain the negative thoughts world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you. Romans 12:2

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8

And I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns. Philippians 1:9

2. Position yourself to receive the coming blessing.

Turn and set your journey, and go to the hill country. Deuteronomy 1:7

It was at this time that He went off to the mountain to pray, and He spent the whole night in prayer to God. Luke 6:12

Now do as I tell you—take a bath and put on perfume and dress in your nicest clothes. Then go to the threshing floor, but don't let Boaz see you until he has finished eating and drinking. Ruth 3:3

They couldn't bring him to Jesus because of the crowd, so they dug a hole through the roof

above his head. Then they lowered the man on his mat, right down in front of Jesus. Mark 2:4

I tried to understand why .. but it was too difficult! Then I positioned myself into God's sanctuary, O God, and I finally understood. Psalm 73:16,17

3. Visualize a better you.

Look, I am giving all this land to you! Go in and occupy it, is the land the Lord swore to give to your ancestors Abraham, and to all their descendants.
Deuteronomy 1:8

Visualize about the things of heaven, not the things of earth. Colossians 3:2

In the last days,' God says, 'Your young men will see visions, and your old men will dream dreams. Acts 2:17

All baptized into Christ have clothed yourselves with Christ. Galatians 3:27

As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, "Take this and eat it, for this is my body." Matthew 26:26

Then the Lord took Abram outside and said to him, "Look up into the sky and count the stars if you can. That's how many descendants you will have!" Genesis 15:5

4. You have to want to change as much as God wants you to change

You have been wandering around in this hill country long enough; NOW TURN NORTH!. Deuteronomy 2:3

Purify me from my sins, wash me, Oh, give me back my joy again; I am broken — please let me rejoice. Don't keep looking at my sins. Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me. Psalm 51:7-10

When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?” John 5:6

Jerusalem, Jerusalem, how often I have longed to gather you, as a hen gathers her chicks under her wings, but you were not willing. Matthew 23:37

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