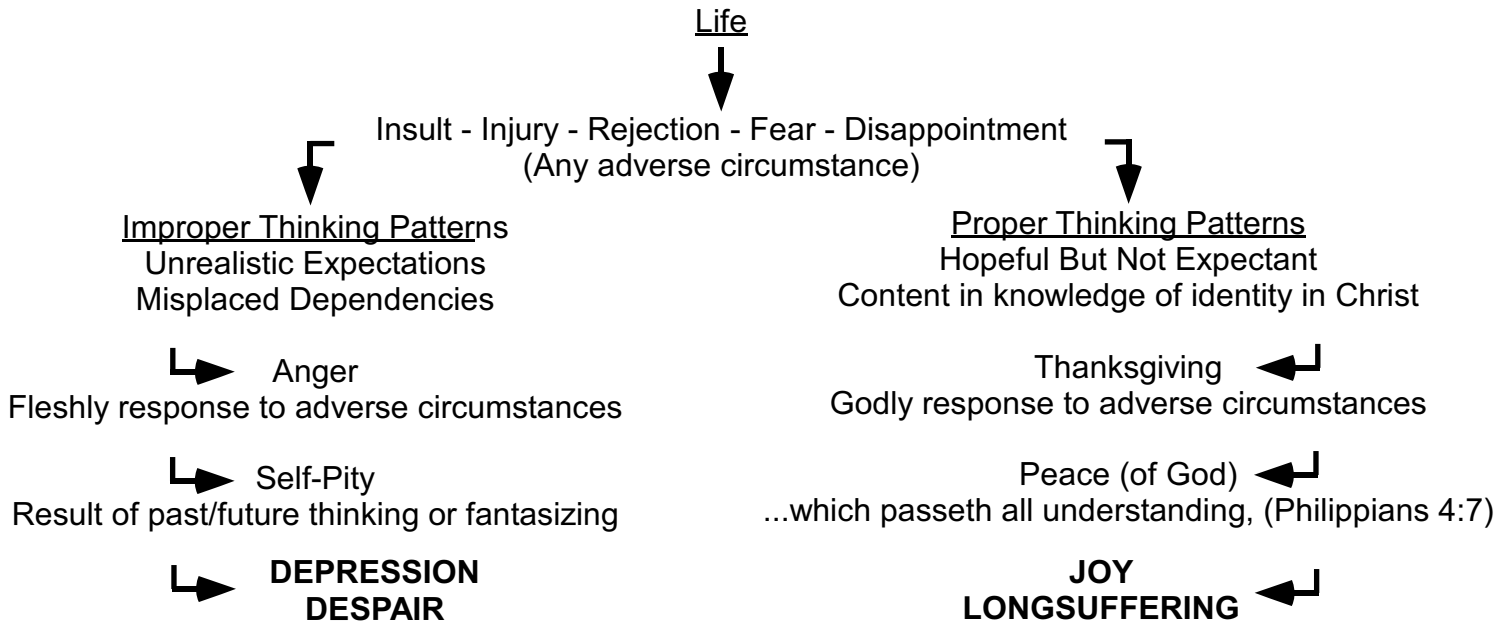


## How To Become Depressed

Depression is an emotional state contrary to God's will for the believer (Philippians 4:4). Since emotions are "responders," having no independent intellect, they are very predictable. Emotions always follow our thinking patterns; therefore, we are able to diagram the progression of thoughts and trace depression back to its original source whenever it surfaces.

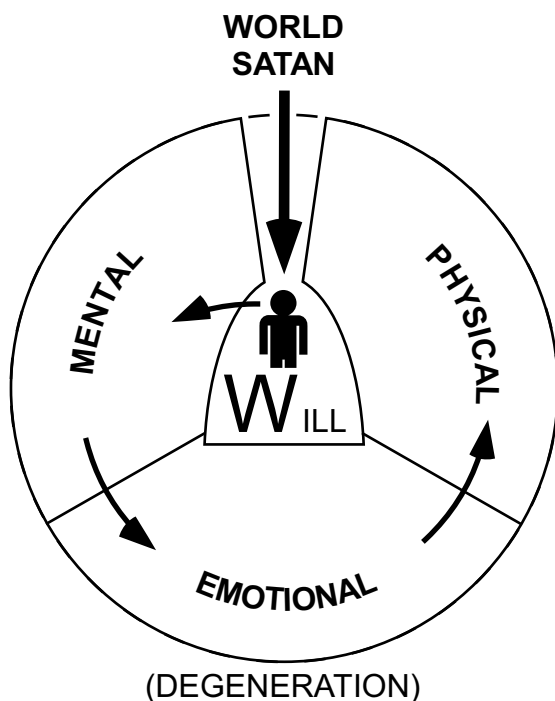


## Understand How You're Made to Function

To have a Biblical understanding of how a person is designed by God to function, we need to understand the nature of man (I Thessalonians 5:23, Genesis 2:7)

### NATURAL MAN

(In Adam - I Corinthians 2:14)  
Programmed by the *Flesh*



### SPIRITUAL MAN

(In Christ II Corinthians 5:17)  
Programmed by the *Spirit*

