

Family Bible Church Kingman
Week Two: "Ctrl Alt Delete"
FAMILY MATTERS WORKSHEET
April 14-16, 2020

Series: "Ctrl Alt Delete"

Scriptural Support: The Second Book of Psalms: Psalm 42-72

Week Two: Psalms 42:1-43:5

Lesson Title: "Looking Up While Looking Down" – (The Causes and Cure for Spiritual Depression) Part One

Tuesday Morning: April 14, 2020 – I. Root Causes for Spiritual Depression: Part One:
(Chapter 42:1-4, vs. 6 – Chapter 43:1)

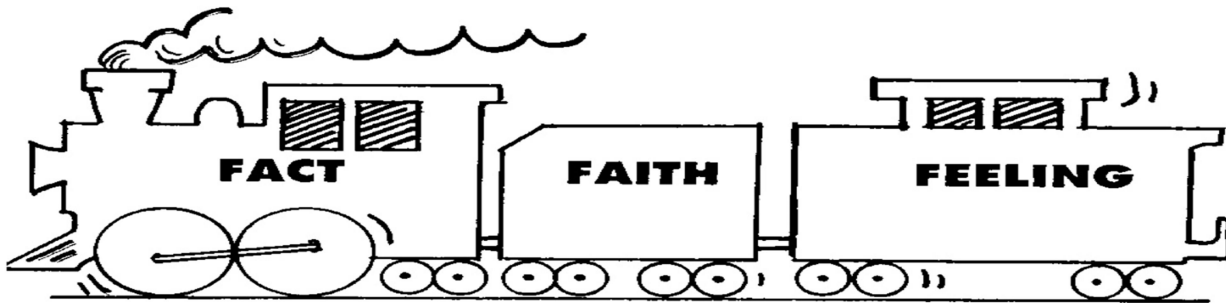
- **(Ctrl) A Physical, Emotional, Chemical Reality.**
Spiritual Definitions.
A Chronic Cultural Problem.

- **(Alt) The Spiritual Dimension.**

1.) _____ . (42:1,2)

- **(Delete) A Spiritual Prescription: (42:5; Matthew 18:21-35)**

WHAT DRIVES THE TRAIN?



Lesson Title: “Looking Up While Looking Down” – (The Causes and Cure for Spiritual Depression) Part Two

- **(Ctrl) A Physical, Emotional, Chemical Reality.**
Spiritual Definitions.
A Chronic Cultural Problem.

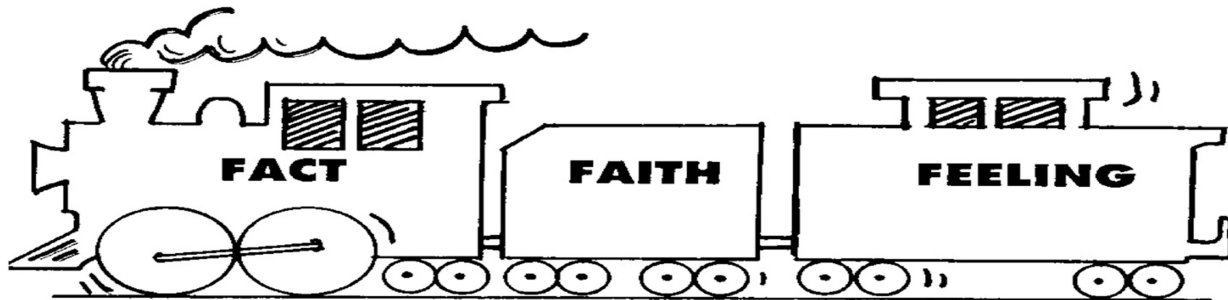
- **(Alt) The Spiritual Dimension.**

2.) _____ . (42:3)

3.) _____ . (42:4)

- **(Delete) A Spiritual Prescription: (42:5; Matthew 18:21-35)**

WHAT DRIVES THE TRAIN?



Lesson Title: "Looking Up While Looking Down" – (The Causes and Cure for Spiritual Depression) Part Three

- **(Ctrl) A Physical, Emotional, Chemical Reality.**
Spiritual Definitions.
A Chronic Cultural Problem.

- **(Alt) The Spiritual Dimension.**

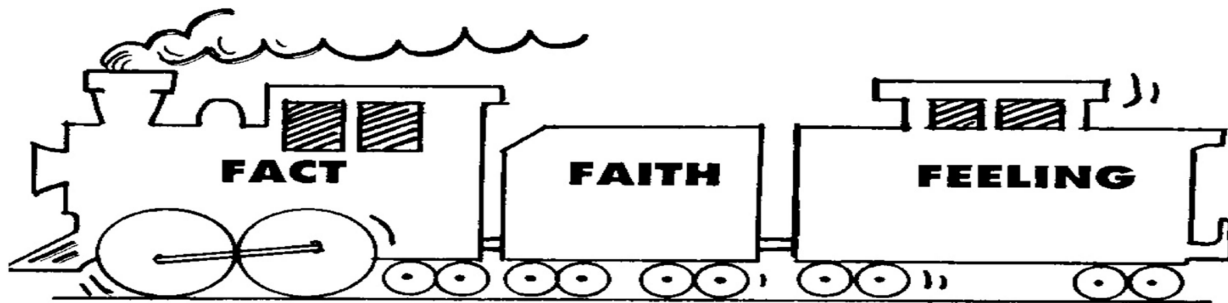
4.) _____ . (42:6-8)

5.) _____ . (42:9)

6.) _____ . (42:1)

- **(Delete) A Spiritual Prescription: (42:5; Matthew 18:21-35)**

WHAT DRIVES THE TRAIN?



Lesson Title: “Looking Up While Looking Down” – (The Causes and Cure for Spiritual Depression) Part Four

- **(Ctrl) A Physical, Emotional, Chemical Reality.**

Spiritual Definitions.

A Chronic Cultural Problem.

- **(Alt) The Spiritual Dimension.**

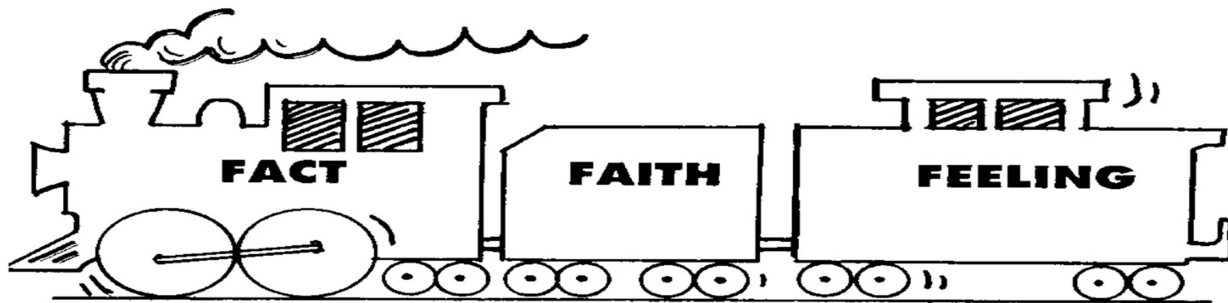
1.) _____: Look Inward! (43:1,2)

2.) _____: Look Outward! (43:3)

3.) _____: Look Upward! (43:4,5)

- **(Delete) A Spiritual Prescription: (Review: Matthew 18:21-35)**

WHAT DRIVES THE TRAIN?



Some Questions for Discussion:

1. What has God said to your heart through this lesson, these lessons?
2. Who Ultimately is in Control (“Ctrl”) of the Universe and even our Emotions?
3. What must I do to get out of the Feeling Car? (“ALT”)
4. What decisions must I make to free myself from Sin, Guilt or Oppression? (“Delete”)

WHAT DRIVES THE TRAIN?

