



Part  
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## Sheila Walsh Story

This past weekend Sheila Walsh was our guest for the second week of four-week series. We are looking at how our thoughts shape our reality and how to get real about shaping our thoughts. Over these weeks, we invite you to journey with someone at work, your family, or find a place to do it alone or with a friend. Let's explore together how to win from the inside out during this series.

*Let me hear Your lovingkindness in the morning; for I trust in You; teach me the way in which I should walk; for to You I lift up my soul. Psalm 143:8*

1. Connecting with God's strength and leaning on it in the midst of a struggle is how to face the trials of life. The key to get to the other side of them is brokenness. We begin by accepting what's true in the struggle. Then, in our grief remember that God is near. In this world full of noise, we can find strength from God by being still in His presence. We share our burdens with others and allow God to heal us. Finally understand that this is only temporary.
2. Always remember like Sheila that "the shepherd knows where to find you" and nothing can separate you from the love of God (see Romans 8:39). God met her at her lowest point and lifted her up again.
3. We become depressed when we lose hope (read Proverbs 13:12). When we see no end in sight to our problems, thoughts of just giving up will surface. We must guard our heart and thoughts. Turn to God (read Matthew 11:28-30), friends and relatives, and doing something that cheers us up (see Proverbs 17:22) are ways to help us.
4. To escape the darkness of depression: 1) cry out to God, 2) remember His faithfulness, and 3) put your hope in Him.
5. Maybe your life is in despair or you know someone whose is. Share and spend some time praying together.
6. Thank God for your struggle and allow your testimony to be a beacon of light for other people who may be struggling in the same way.
7. Close in prayer