

- “I’m no good,” my husband muttered. “I can’t work. I can’t do anything for anybody.” The words accompanied his neglect of his personal appearance (Cecil Murphy, *When Someone You Love Suffers from Depression of Mental Illness*, p. 35).

Q1. Does your job or employment tell people who you are?

- “Mood disorders and other psychiatric symptoms can have a disastrous effect on self-esteem, severely aggravating depression and mania and diminishing the quality of your life (Mary Ellen Copeland, *The Depression Workbook 2nd edition*, p. 207).”

Q2. Describe your self-esteem. Does it change with mood?

Q3. How have your mood disorders lowered your self-esteem? Check all that apply

- | | |
|--|---|
| <input type="checkbox"/> Feeling bad about myself | <input type="checkbox"/> Feeling different from others |
| <input type="checkbox"/> Failing at most things | <input type="checkbox"/> Finding fault with myself |
| <input type="checkbox"/> Unable to complete things | <input type="checkbox"/> Feeling I’m a burden to others |
| <input type="checkbox"/> Hating my life and myself | <input type="checkbox"/> Afraid to interact with people |
| <input type="checkbox"/> Feeling stigmatized | <input type="checkbox"/> Difficulty taking care of myself |
| <input type="checkbox"/> Unable to commit | <input type="checkbox"/> Feeling guilty and ashamed |
| <input type="checkbox"/> Lacking confidence | <input type="checkbox"/> Unable to trust my perceptions |
| <input type="checkbox"/> Unable to reach goals | <input type="checkbox"/> Feeling not as good as others |

Q4. Does your diagnosis define who you are? Why or why not?

Q5. Does how you feel define who you are? Why or why not?

I. **I am a human being, bearing God’s image.**

- “God said ‘Let us make human beings in our image, to be like us (Genesis 1:26).’”
- “Human beings...have been made in God's likeness (James 3:9).”

➤ **Q6. How many of us bear God’s image?**

II. **I am a child of God, redeemed by Christ**

- “He came into the very world he created, but the world didn't recognize him. He came to his own people, and even they rejected him. But to all who believed him and accepted him, he gave the right to **become children of God** (John 1:10-12).”
- “For you know that you were **redeemed** from your empty way of life inherited from the fathers, not with perishable things like silver or gold, but with the precious blood of Christ, like that of a lamb without defect or blemish (1Peter 1:18-19).”
- “For God’s Spirit joins with our spirit to affirm that **we are God’s children**. And since we are his children, we are his heirs. In fact, together with Christ **we are heirs of God’s glory**. But if we are to share his glory, we must also share his suffering (Romans 8:16-17).”

Q6. How many of us bear God’s image?

Q7. How many of are redeemed and born again?

III. **Realize I am complete in Christ because of Who He is.**

- “Praise God...who has **blessed us in Christ with every spiritual blessing in the heavens**. For He **chose us** in Him, before the foundation of the world, to be holy and blameless in His sight. In love He predestined us to be **adopted through Jesus Christ for Himself**, according to His favor and will (Ephesians 1:3-5).”
- “For in Christ lives **all the fullness of God** in a human body. So **you also are complete through your union with Christ**, who is the head over every ruler and authority (Colossians 2:9-10).”

RESPONSE

1. Focus on **who you are**; NOT on what you do, NOT on what you have, NOT on what you don’t have, NOR on how you feel.
2. Who are YOU? **I am** _____

church is his body; it is made full and complete by Christ, who fills all things everywhere with himself (Ephesians 1:16-23).”

Prayer Requests

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

"I have not stopped thanking God for you. I pray for you constantly, ¹⁷ asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God. ¹⁸ I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called-- his holy people who are his rich and glorious inheritance. ¹⁹ I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power ²⁰ that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms. ²¹ Now he is far above any ruler or authority or power or leader or anything else-- not only in this world but also in the world to come. ²² God has put all things under the authority of Christ and has made him head over all things for the benefit of the church. ²³ And the

Mood Disorder Share & Prayer Support Group

Who am I?

Our Mission – Glorify God by serving those who suffer from a mood disorder and those who care for them

Pillar #5

We believe that everyone has been made in the image of God and has a greater identity than any disorder or diagnosis. Then God said, "Let us make human beings in our image, to be like us (Genesis 1:26 NLT)."

A ministry of Grace Baptist Church, Bowie MD
Childcare available at no cost from 7:00-8:30 Tuesdays
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