

Evening Sermon, Sunday 13 October 2013, Julian Hardyman

Managing our morale

Psalms 42 and 43

1. Understanding Low Morale

- The symptoms of low morale
- The causes of low morale

2. Managing Low Morale

- 'Why?' – the value of honesty (42:9-10)
- 'Why?' – the indispensability of Self-talk (42:5,11; 43:5)
- 'Will' – the grasping of hope (43:4 etc)

A helpful book: [*Dealing with Depression: Trusting God through the Dark Times*](#)
– Sarah Collins and Jayne Haynes