

Beaten But Not Broken

by
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- Introduction
 - “He was beaten but he was not broken.” – Jack London “Call of the Wild” - 1903
- Bible verses
 - Psalms 34:4 – I sought the Lord, and he heard me, and delivered me from all my fears
 - Psalms 35:1 – Plead my cause, O Lord, with them that strive with me: fight against them that fight against me.
 - Psalms 56:3 – What time I am afraid, I will trust in thee.
 - Daniel 10:12 – Then said he unto me, Fear not, Deniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.
 - II Corinthians 12:9 – And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.
- Fight back with behavior
 - Formulate a plan and implement
- Challenge thinking gone awry
 - Magnification (events = emotions stressed), selective attention to the negative, overgeneralization, personalization, perfectionism, I’ll be happy when..., emotional reasoning (operating without facts), arbitrary reference (derogatory conversations in the head).
- Consider the physiological
- Get help

- Friend
- Church
- Hospital
- resources
 - Hope Line – 1-888-789-HOPE (4673)
 - For all Radio outlines – www.mcphope.com
 - Minirth Clinic – 1-888-MINIRTH (646-4784) / www.minirthclinic.com
 - AACC – American Association of Christian Counselors/ www.aacc.net
www.celebraterecovery.com
 - www.2ndfiddleentertainment.com/maggiespassage
- Conclusion
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