



Overcoming Depression

1 Kings 19:4: He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

Jeremiah 20:18: Why did I ever come out of the womb to see trouble and sorrow and to end my days in shame?

Psalm 32:3-4: When I kept silent, my bones wasted away through my groaning all day long. ⁴For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.

Psalm 77:1-3: I cried out to God for help; I cried out to God to hear me. ²When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted. ³I remembered you, God, and I groaned; I meditated, and my spirit grew faint.

Psalm 77:7-9: "Will the Lord reject forever? Will he never show his favor again? ⁸Has his unfailing love vanished forever? Has his promise failed for all time? ⁹Has God forgotten to be merciful? Has he in anger withheld his compassion?"

Psalm 77:10-12: Then I thought, "To this I will appeal: the years when the Most High stretched out his right hand. ¹¹I will remember the deeds of the LORD; yes, I will remember your miracles of long ago. ¹²I will consider all your works and meditate on all your mighty deeds."

Psalm 77:13-15: Your ways, God, are holy. What god is as _____ as our God? ¹⁴You are the God who performs _____; you display your _____ among the peoples. ¹⁵With your mighty arm _____, the descendants of Jacob and Joseph.

I can't figure it out. I will direct your steps. Proverbs 3:5-6

I'm too tired. I will give you rest. Matthew 11:28-30

It's impossible. All things are possible. Luke 18:27

Nobody loves me. I love you. John 3:16

I can't forgive myself. I forgive you. Romans 8:1

It's not worth it. It will be worth it. Romans 8:28

I'm not able. I am able. 2 Corinthians 9:8

I can't go on. My grace is sufficient for you. 2 Corinthians 12:9

I can't do it. You can do all things. Philippians 4:13

I can't manage. I will supply all your needs. Philippians 4:19

I'm afraid. I have not given you a spirit of fear. 2 Timothy 1:7

I feel all alone. I am always with you. Hebrews 13:5

You are strong (Psalm 18:25)

You are chosen (John 15:16)

You are forgiven (Ephesians 1:7)

You are created with a purpose (Jeremiah 29:11)

You are fearfully and wonderfully made (Psalm 139:14)

You are never alone (Matthew 28:20)

You are loved (Romans 5:8)