

DEPRESSION



Psalm 9:9,10: the Lord will be a refuge in times of trouble and desperation

Psalm 31:22,24: He hears the sound of our pleadings.

During these times: allow your heart to take courage – expect the Lord to hear and answer

Psalm 42:5,11: An antidote: to meditate on record of God’s goodness. Write it down. Focus on God’s ability to help. All things are possible with God.

Psalm 146:8: The Lord raises up those oppressed

Isaiah 35:3-4: Feeble hands speak of those depressed. See also Hebrews 12:12. Strengthen by placing your hand in the Master’s hand. Allow His strength to lift you up...not your own.

Isaiah 50:10: God never had a son or daughter who was not sometimes in the dark. Even Jesus cried out, “My God, My God, why have You forsaken Me?” This is not a time to isolate yourself or rely on your own strength. Surround yourself with others who can be “lifting your arms” during this time.

Jeremiah 29:11-14: God has a plan for you, a future and a hope. He will be found when you seek Him with all your heart.

Philippians 4:6: Through prayer and petition make your needs known to God.