

# CARE MINISTRY

## DEPRESSION

### SCRIPTURES

- Deuteronomy 31:8
- Psalm 23:3; 34:17-18; 40:1-3; 42:11
- Matthew 11:28
- John 16:33 & 10:10
- Romans 8:31-39
- Ephesians 6:10-12
- Philippians 4:4
- 1 Peter 4:12-13
- Jeremiah 8:21-22
- Revelation 21:4

### RESOURCES

- Article: Defeating Depression: A 7-Step Christian Approach, by Dr. Bob Martin III.
- Article: How Christians Can Fight Depression, by Gabrielle Redcay
- Book: UnJoy by Dr. Len Lantz (2022)
- YouTube:
  - Got Question Ministries:  
What does the Bible say about depression?
  - Tim Hawkins (Christian comedian)  
Laughter is medicine



Heavenly Father my thoughts are filled with darkness. Shine your light into my very soul; burn out the darkness.

Fix my thoughts on what is true, honorable, right, pure, lovely and admirable. Help me think about things that are excellent and worthy of praise. Keep my thoughts stayed on you, lord, and grant me your peace that surpasses all understanding. In Jesus name amen.