



## **DAILY BIBLE – Downcast Experiencing Hope in Depression | 5/15/22**

We are investing 3 weeks to explore what it means to be downcast and how we can experience hope in depression. How does this relate to your journey? How can we be better equipped to serve others who are experiencing demoralization, despair, or the dark night of the soul? Connect with a Village Chapel **LifeGroup** to discuss the answers in community. Email [connect@villagechapel.org](mailto:connect@villagechapel.org) to find out more!

### **Memory Verses:**

**Psalm 42:5** (ESV) — Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation

**2 Corinthians 7:6** (ESV) — But God, who comforts the downcast, comforted us...

**How do we find hope in the midst of depression?** We go to God's Word to find the answer. Each day, ask the questions from the daily Bible reading:

- What does this passage teach me about God (Father, Jesus, Holy Spirit)?
- What does this passage teach me about humans?
- How is God calling me to respond to this?

### **Daily Bible:**

Monday: **Psalm 42:5, 88:9-18**  
Tuesday: **2 Corinthians 7:6, 1 Kings 19:1-18**  
Wednesday: **Job 1**  
Thursday: **Job 2**  
Friday: **Job 3**  
Saturday: **Psalm 22**  
Sunday: **Psalm 27**

### **Going Deeper:**

Consider reading the book of Job or Lamentations.

Resources on RightNow Media: [app.rightnowmedia.org/en/library/custom/VillageChapel](http://app.rightnowmedia.org/en/library/custom/VillageChapel)