



STRESS+

Hear my prayer, O LORD; listen to my plea!
Answer me because you are faithful and
righteous. Don't put your servant on trial, for no
one is innocent before you.

Psalm 143:1-2

My enemy has chased me. He has knocked me to the ground and forces me to live in darkness like those in the grave.

Psalm 143:3

“Discouragement is the anesthetic the devil uses on a person just before he reaches in and carves out his heart.”

- Howard Hendricks

I am losing all hope; I am paralyzed with fear.

Psalm 143:4

I remember the days of old. I ponder all your great works and think about what you have done. I lift my hands to you in prayer. I thirst for you as parched land thirsts for rain.

Psalm 143:5-6

I will never forget this awful time, as I grieve over my loss. Yet I still dare to hope when I remember this:

The faithful love of the LORD never ends!

His mercies never cease.

Great is his faithfulness;

His mercies begin afresh each morning.

Lamentations 3:20-23

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians 4:8

Come quickly, LORD, and answer me, for my depression deepens. Don't turn away from me, or I will die.

Psalm 143:7

Let me hear of your unfailing love each morning, for I am trusting you. Show me where to walk, for I give myself to you.

Psalm 143:8

Hope for Depression

1. Pray

Hope for Depression

1. Pray

2. Remember

Hope for Depression

1. Pray
2. Remember
3. Take the Next Step

Hope for Depression

1. Pray

2. Remember

3. Take the Next Step

- Physical

Hope for Depression

1. Pray

2. Remember

3. Take the Next Step

- Physical
- Relational

Hope for Depression

1. Pray

2. Remember

3. Take the Next Step

- Physical
- Relational
- Professional

Hope for Depression

1. Pray
2. Remember
3. Take the Next Step
4. Worship

Worship is giving all that you are
for all that He is.

Rescue me from my enemies, LORD; I run to you to hide me. Teach me to do your will, for you are my God. May your gracious Spirit lead me forward on a firm footing.

Psalm 143:9-10

For the glory of your name, O LORD, preserve my life. Because of your faithfulness, bring me out of this distress. In your unfailing love, silence all my enemies and destroy all my foes, for I am your servant.

Psalm 143:11-12

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. Amen.

Romans 15:13