

The example of Jesus offers two hope-filled decisions in seasons of depression.

1. _____ the depression.

› Admit with decisive _____. (37)

›› _____ Feelings

›› _____ Feelings

›› _____ Feelings

› Admit with decisive _____. (38)

›› _____ Words

›› _____ Words

2. _____ the depression.

› Submit with decisive _____. (39, 42)

›› _____ Prayer

›› _____ Prayer

› Submit with decisive _____. (40-41, 43-44)

›› _____ Spirituality

›› _____ Spirituality

Recommended Resources:

Depression: The Sun Always Rises, Margaret Ashmore

Depression: The Way Up When You Are Down, Ed Welch



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Harley's Recommended Reading

Grace for Children, Matthew S. Stanford

Burnout: Resting in God's Fairness, Brad Hambrick

Ruthless Elimination of Hurry, John Mark Comer

Zeal without Burnout, Christopher Ash

Steady Strength, Cary Schmidt

Depression: The Sun Always Rises, Margaret Ashmore

Depression: The Way Up When You are Down, Ed Welch

Anxiety: Anatomy and Cure, Bob Kellemen

A Small Book for Anxious Hearts, Ed Welch

Anxiety: Knowing God's Peace, Paul Tautges

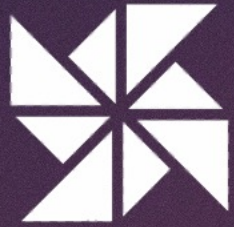
How People Change, Paul Tripp and Timothy Lane

Consider Your Counsel: Addressing Ten Mistakes in our Biblical Counseling, Bob Kellemen

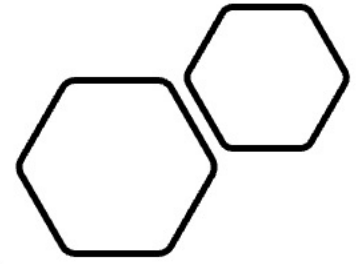
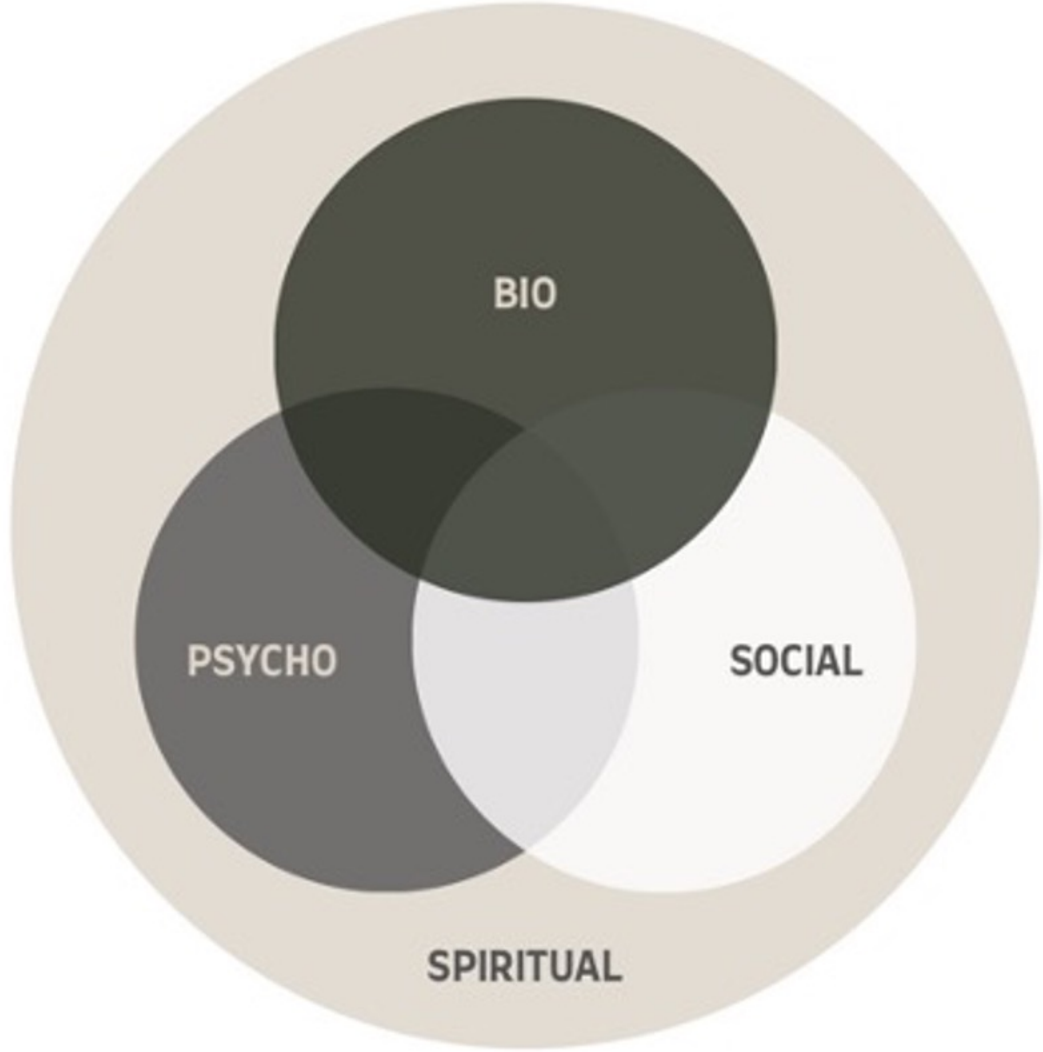


The Decision in Depression

Matthew 26

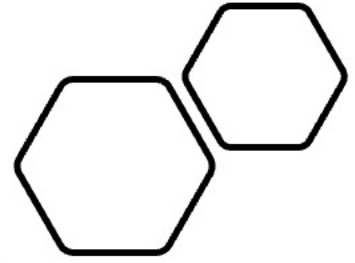


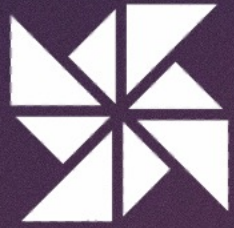
Admit the
depression.
(37-38)





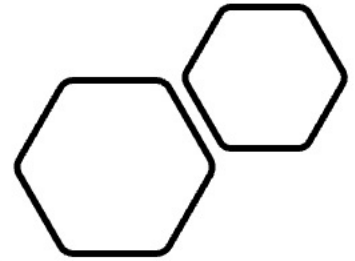
Admit the
depression.
(37-38)





Submit the
depression.

(39-44)





Submit the
depression.

(39-44)



Recommended Resource

Depression

THE SUN ALWAYS RISES



MARGARET ASHMORE

The GOSPEL for REAL LIFE series



Recommended Resource



Depression

Depression

The Way Up When You Are Down



EDWARD T. WELCH

Resources for Changing Lives

“When you are born, you
look like your parents.
When you die you look
like your decisions.”

~ Christopher Teeter