



Estimated 121 million people worldwide suffer from depression

OVERWHELMED



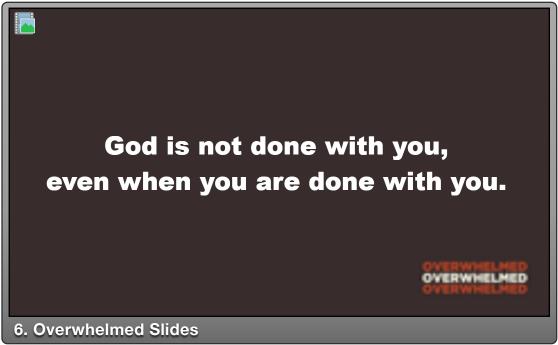
"Being depressed is bad enough in itself, but being a depressed Christian is worse. And being a depressed Christian in a church full of people who do not understand depression is like a little taste of hell."

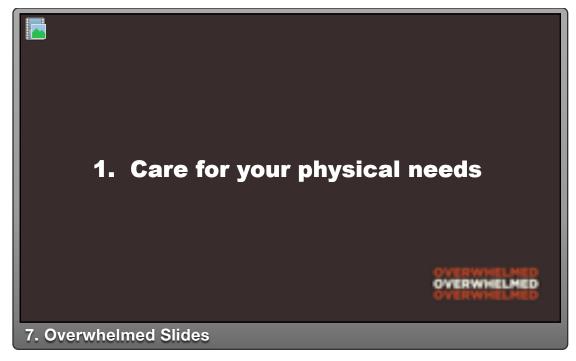
John Lockley"A Practical Workbook for the Depressed Christian"















God is not done with you, even when you are done with you.



9. Overwhelmed Slides



3. Defer to God's Wisdom





God is not done with you, even when you are done with you.



11. Overwhelmed Slides



4. Examine and Confront your false thoughts





God is not done with you, even when you are done with you.



13. Overwhelmed Slides



5. Do the next right thing

