





**“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”

OVERWHELMED
OVERWHELMED
OVERWHELMED

3. Overwhelmed Slides



It's okay not to be ok

OVERWHELMED
OVERWHELMED
OVERWHELMED

4. Overwhelmed Slides



1 Kings 19

p. 301

OVERWHELMED
OVERWHELMED
OVERWHELMED

5. Overwhelmed Slides



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

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OVERWHELMED

6. Overwhelmed Slides



1. Care for your physical needs

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7. Overwhelmed Slides



2. Share your feelings with God and others

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8. Overwhelmed Slides



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

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9. Overwhelmed Slides



3. Defer to God's Wisdom

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10. Overwhelmed Slides



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

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11. Overwhelmed Slides



**4. Examine and Confront
your false thoughts**

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OVERWHELMED

12. Overwhelmed Slides



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

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OVERWHELMED
OVERWHELMED

13. Overwhelmed Slides



5. Do the next right thing

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14. Overwhelmed Slides



6. Embrace the love and grace of God

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OVERWHELMED

15. Overwhelmed Slides



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

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OVERWHELMED
OVERWHELMED

16. Overwhelmed Slides