

Depression

It is not God's will for you to be discouraged and depressed. Go on the offense with your thoughts and words. What are you thankful for? Count those things – they are how you fight back. God loves you and he knows what you are going through. He wants you to lean on Him, so that He can help you. Cast your cares upon Him. Let Him set you free.

Psalm 42:11 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 and my God.

Psalm 40:1-3 I waited patiently for the Lord; he inclined to me and heard my cry. 2 He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. 3 He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.

1 Peter 4:12-13 Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. 13 But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed.



Adapted from "Keep Calm and Trust God" by J&K Provance for Men In The Hood Ministries, Gardenside Baptist Church, Lexington KY

Depression

It is not God's will for you to be discouraged and depressed. Go on the offense with your thoughts and words. What are you thankful for? Count those things – they are how you fight back. God loves you and he knows what you are going through. He wants you to lean on Him, so that He can help you. Cast your cares upon Him. Let Him set you free.

Psalm 42:11 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 and my God.

Psalm 40:1-3 I waited patiently for the Lord; he inclined to me and heard my cry. 2 He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. 3 He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.

1 Peter 4:12-13 Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. 13 But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed.



Adapted from "Keep Calm and Trust God" by J&K Provance for Men In The Hood Ministries, Gardenside Baptist Church, Lexington KY

Depression

It is not God's will for you to be discouraged and depressed. Go on the offense with your thoughts and words. What are you thankful for? Count those things – they are how you fight back. God loves you and he knows what you are going through. He wants you to lean on Him, so that He can help you. Cast your cares upon Him. Let Him set you free.

Psalm 42:11 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 and my God.

Psalm 40:1-3 I waited patiently for the Lord; he inclined to me and heard my cry. 2 He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. 3 He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.

1 Peter 4:12-13 Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. 13 But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed.



Adapted from "Keep Calm and Trust God" by J&K Provance for Men In The Hood Ministries, Gardenside Baptist Church, Lexington KY

Depression

It is not God's will for you to be discouraged and depressed. Go on the offense with your thoughts and words. What are you thankful for? Count those things – they are how you fight back. God loves you and he knows what you are going through. He wants you to lean on Him, so that He can help you. Cast your cares upon Him. Let Him set you free.

Psalm 42:11 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 and my God.

Psalm 40:1-3 I waited patiently for the Lord; he inclined to me and heard my cry. 2 He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. 3 He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.

1 Peter 4:12-13 Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. 13 But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed.



Adapted from "Keep Calm and Trust God" by J&K Provance for Men In The Hood Ministries, Gardenside Baptist Church, Lexington KY

Depression

Prayer Lord help me to overcome depression. I know there is no problem too big, no hurt too deep, no mistake so bad that you cannot provide power, strength, and wisdom to overcome. Give me courage and strength to conquer depression. Restore my job and help me to trust you. I cast my cares and worries on you because you care for me. I refuse to let depression control my life. Help me to replace my fears with faith, my doubts with belief, my worries with trust and my lack of confidence with courage. Show me how to think the right things and to focus on you and not on my problems. Help me to be thankful for all the things you have provided in my life. Lord, help me to encourage myself in you. Let your joy be my strength and your peace fill my soul. Let your grace and mercy comfort and sustain me. Amen.



Quote “Depression is a prison where you are both the suffering prisoner and the cruel jailer.” - Dorothy Rowe

Depression

Prayer Lord help me to overcome depression. I know there is no problem too big, no hurt too deep, no mistake so bad that you cannot provide power, strength, and wisdom to overcome. Give me courage and strength to conquer depression. Restore my job and help me to trust you. I cast my cares and worries on you because you care for me. I refuse to let depression control my life. Help me to replace my fears with faith, my doubts with belief, my worries with trust and my lack of confidence with courage. Show me how to think the right things and to focus on you and not on my problems. Help me to be thankful for all the things you have provided in my life. Lord, help me to encourage myself in you. Let your joy be my strength and your peace fill my soul. Let your grace and mercy comfort and sustain me. Amen.



Quote “Depression is a prison where you are both the suffering prisoner and the cruel jailer.” - Dorothy Rowe

Depression

Prayer Lord help me to overcome depression. I know there is no problem too big, no hurt too deep, no mistake so bad that you cannot provide power, strength, and wisdom to overcome. Give me courage and strength to conquer depression. Restore my job and help me to trust you. I cast my cares and worries on you because you care for me. I refuse to let depression control my life. Help me to replace my fears with faith, my doubts with belief, my worries with trust and my lack of confidence with courage. Show me how to think the right things and to focus on you and not on my problems. Help me to be thankful for all the things you have provided in my life. Lord, help me to encourage myself in you. Let your joy be my strength and your peace fill my soul. Let your grace and mercy comfort and sustain me. Amen.



Quote “Depression is a prison where you are both the suffering prisoner and the cruel jailer.” - Dorothy Rowe

Depression

Prayer Lord help me to overcome depression. I know there is no problem too big, no hurt too deep, no mistake so bad that you cannot provide power, strength, and wisdom to overcome. Give me courage and strength to conquer depression. Restore my job and help me to trust you. I cast my cares and worries on you because you care for me. I refuse to let depression control my life. Help me to replace my fears with faith, my doubts with belief, my worries with trust and my lack of confidence with courage. Show me how to think the right things and to focus on you and not on my problems. Help me to be thankful for all the things you have provided in my life. Lord, help me to encourage myself in you. Let your joy be my strength and your peace fill my soul. Let your grace and mercy comfort and sustain me. Amen.



Quote “Depression is a prison where you are both the suffering prisoner and the cruel jailer.” - Dorothy Rowe