



# Depression

RESOURCE GUIDE



# Description

There is hope found in Christ even during life's darkest moments. Struggles in life may lead to feelings of despair and hopelessness, but you do not have to do this alone.

# Bible Verses

- Psalm 34:17-18 "When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit. When you're depressed, or feeling down, turn to the Bible for comfort."
- Matthew 11:29-30 "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

# Links

**[21 DAYS TO BEAT DEPRESSION - BIBLE PLAN](#)**

**[GOD WANTS TO MEET YOU IN THE DARK - BIBLE PLAN](#)**

**[DEPRESSION: A COMPASS & LIGHT SERIES](#)**

**[ADDICTION: A COMPASS & LIGHT SERIES](#)**

# Books

## ***Changes That Heal* - Henry Cloud**

Dr. Cloud takes the reader step-by-step through the four basic tasks of becoming mature image bearers of God. Bonding to others - Separating from others - Sorting out good and bad in ourselves and others - Becoming an adult. Dr. Cloud explains and describes each task, but he also identifies the problems that result when we fail to accomplish that task. He shows us what changes to make in our lives to bring about healing.

**[PURCHASE HERE](#)**

## ***Winning the War in Your Mind* - Craig Groeschel**

Are your thoughts out of control—just like your life? Do you long to break free from the spiral of destructive thinking? If so, God's truth can become your battle plan to win the war in your mind! In this twelve-lesson workbook, pastor and New York Times bestselling author Craig Groeschel reveals that our lives are always moving in the direction of our strongest thoughts. What we think shapes who we are. Both the Bible and modern science provide evidence that this is true.

**[PURCHASE HERE](#)**

## ***Flirting with Darkness: Building Hope in the Face of Depression* - Ben Courson**

Ben Courson's mission is to inject hope into a generation plagued by anxiety and despair. In *Flirting with Darkness*, Ben encourages you to not accept depression as a permanent state, but instead turn to the One who will champion your every struggle. He offers up the tools that helped him cling to God during his darkest moments.

**[PURCHASE HERE](#)**

# Central Resources

- **[TALK TO SOMEONE](#)**
- **[LOOKING FOR COUNSELING?](#)**

- **GRIEF SHARE**

Grieving is a complex process that is hard to do on your own. During this difficult time, we want to come alongside you to connect and support you. Grief Share is done in a life group format led by trained facilitators who are there to encourage and challenge you to grieve loss and to regain your balance. This class is for those who have experienced the loss of someone through death.

# Community Resources

- **GRIEF RECOVERY SUPPORT GROUPS**

- National Suicide Prevention Lifeline - 800-273-8255

