



# INSIDE OUT.

## DEPRESSION

### INSIDE OUT REFLECTION AND RESOURCES

#### WEEK 3: DEPRESSION

##### Scripture:

*God is our refuge and strength, an ever-present help in trouble...Be still and know that I am God.*

PSALM 46:1, 10

##### Reflection:

- In the last week, what moments are you most grateful for?
- What depression or discouragement have you been carrying with you on your own?
- What would it look like for you to turn toward God as your refuge and strength when you are weak?

##### Prayer:

Spend some time in silent prayer with God. You can use the PRAY acronym below to guide you.

- **P: Praise** - Spend some time thanking God for who He is in your life.
- **R: Real life** - Spend some time engaging God about your real needs and concerns.
- **A: Ask** - Ask for God's provision, love, and power to be made known to people in your life.
- **Y: Your will** - Spend some time being silent and listening for God's direction.

"Father, thank you that you are a refuge and strength in times of trouble. Remind me that I can be still and trust you are always good, especially when things are difficult. Help me to let go of the things I cannot control and have the courage to change the things I can. I ask for the grace to rely on your power rather than my own when I experience depression and discouragement. Please help me to be a safe place of love and encouragement to everyone I meet today. Amen."

# INSIDE OUT. DEPRESSION



## A HOLISTIC APPROACH TO FIGHTING DEPRESSION



### RESOURCES FOR CONVERSATION AND FURTHER STUDY:

- [For Family discussion and prayer](#)
- [A 40-day devotional on resiliency](#)
- [Invitation to join my team](#) – This letter written by an individual battling depression may be a helpful resource for those suffering from depression as well as for family and friends of someone facing this struggle.

### BOOKS, ARTICLES, AND ADDITIONAL RESOURCES ON DEPRESSION:

- [Depression: Looking Up from the Stubborn Darkness](#), Edward T. Welch
- [Seen](#), Will Hutcherson- help for parenting your teen through anxiety and depression
- [Gethope.net/care](#) for help finding counseling and support
- [Total Forgiveness Workshop](#), Oct 8 -9 at Hope's Raleigh campus

### MENTAL AND EMOTIONAL HEALTH RESOURCES:

#### Right Now Media Video Resources:

- [Free membership from Hope](#)
  - Mental Health, Dr. Jeff Baker
  - Facing and Overcoming Anxiety, Jonathan Pokluda
  - Changes that Heal, Henry Cloud
  - Free of Me, Sharon Miller
  - Steps to Freedom in Christ, Neil Anderson