



Combating Depression

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Purpose: Equip one how to identify and find healing from your worry.

Depression Exercise #4

Although depression often begins with disobedience or disappointment, it can only get worse when one thinks additional wrong things. These wrong thoughts about God, yourself and others greatly influence your emotional state. They are used to give up hope and act irresponsibly. The evil one uses certain phrases to get you to think further wrong thoughts. Identify those phrases (temptation) that go through your mind. Then think of the opposite to that phrase. The opposite is often the truth. Then find and memorize some verses that verify that truth. This is your ammunition to build up your discernment through the power of God's truth.

• **Discern your discouraging and depressive thoughts.**

List 3 or more discouraging or depressive thoughts that go through your mind when you feel down. On the right list the opposite. For example, "I can't handle this anymore!" On the right write down how you need to trust God. "I sure have run out of possible solutions, but You can help. Help me."

Depressive Thoughts

Truth leading to Hope

1) "I can't handle this anymore!"

B

1) *I sure have run out of possible solutions, but You can help. Help me!*

U

Scripture truth: "Behold, God is my helper; The Lord is the sustainer of my soul" (Psalms 54:4).

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5)

5)

falsehood

The Truth