

# Hope for Depression

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*“Some sat in darkness and the deepest gloom, prisoners suffering in iron chains.” Yet “He brought them from their darkness and the deepest gloom and broke away their chains” (Psalm 107:10, 14).*

Where should we look for hope in times of oppression and depression?

Psalms 9:9; 42:5-6, 11; 103:6; 146:5-7; Lamentations 3:19-26

Who delivers us from despair and turns our darkness into light?

Psalms 18:28; 40:1-3

According to Isaiah 61:1-3, what did Jesus come to do?

When we are overwhelmed by life, where can we find refuge and strength?

List some of the ways God helps us in our times of struggle:

Psalms 9:9, 18:1-6, 16-19; Psalm 91

Who redeems your life from the pit, heals you, loves you, and brings good things into your life?

Psalms 30:1-3; 103:1-5

Only God can heal you from depression and exchange that spirit of despair for His garment of praise.

When sitting in a pit of darkness, in your distress and despair, turn to God and cry out to Him. Write out Psalm 30:8-10 as a personal prayer to God for help in times of depression.

Allow Psalm 30:1-3, 11-12 to be your song of praise to God as you reach out for His help. As you humbly cry out to God, in due time He will lift you up.