

# OVERCOMING Depression



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## DISCLAIMER

This book is not to replace counseling when needed. In fact, we encourage individuals to find trusting Christian counseling and discipleship. Not Christians who counsel but CHRISTIAN COUNSELING making JESUS CHRIST the Center of the process. This material is a “tool” to offer support. Individuals are responsible for their own healing and no one else. It is between you and God. Nobody knows you better than God. In no way does this book claim to replace professional counselors when needed. A professional Christian counselor is something that should be considered between God and the individual. Again, this book offers “laymen” resources for those wanting to grow and heal in Christ.

**To begin this teaching we encourage you to prepare your heart with a few moments of “silent prayer” followed by the Serenity Prayer.**

### **THE SERENITY PRAYER**

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
& wisdom to know the difference.  
Living one day at a time;  
enjoying one moment at a time;  
accepting hardships as the pathway to peace;  
taking, as Jesus did, this sinful world as it is,  
not as I would have it;  
trusting that He will make all things right  
if I surrender to His Will;  
that I may be reasonably happy in this life  
and supremely happy with Him forever in the next.  
In Jesus' Name I pray. Amen.



**To pray this prayer “meditatively” line by line on a daily basis has helped millions in their walk with Jesus Christ.**

# DISCIPLESHIP

Welcome to this teaching. In order to best succeed in conquering your depression we would highly recommend you take the following six day discipleship course. This course will lay a strong foundation for your victory over depression as well as your personal walk with Jesus Christ. As well it will help you fulfill God's will for you in your life as you "make disciples".

**[www.altogetherlovely.org/discipleship](http://www.altogetherlovely.org/discipleship)**



# The “Romans” Road (The Gospel of Jesus Christ): The JOY OF SALVATION

## The Problem & Wages of Sin:

“For all have sinned and fall short of the glory of God” (Romans 3:23)

“For the wages of sin is death...” (*spiritual & physical death*) (Romans 6:23a)

## The Love of God:

“But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.” (Romans 5:8)



## The Free Gift of Salvation:

“But the gift of God is eternal life in Christ Jesus our Lord.” (Romans 6:23b)

## Accepting the Free Gift:

“That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.” (Romans 10:9)

“For whoever calls on the name of the LORD shall be saved.” (Romans 10:13)

## To have forgiveness of sin & eternal life in Christ Jesus, pray (out loud from the heart):

"Lord Jesus, I agree with Your Word and know I am a sinner and have displeased You in many ways. I believe You died for my sin, and only through faith in Your blood shed on the cross can I be forgiven. I also know that only through faith in Your resurrection can I have eternal life in You. I repent and turn from my sin and ask You to come into my heart and live as my Savior and Lord. From this day on, I will follow You by living a life that pleases You through the Power of Your Holy Spirit. Jesus fill me with Your Holy Spirit from the top of my head to the bottom of my feet. Fill me in my spirit, soul, body. Thank You Jesus, for saving me and filling me with Your Holy Spirit. You are so good!! In Jesus' Name I pray. Amen

# A PRACTICAL EXERCISE

**Let's first look at a practical drill to start off with:**

- 1. First, close your eyes, and let Jesus into your spirit, mind, will, emotions, and body. Believe you are experiencing His presence. Jesus is JOY, PEACE, LOVE, POWER....you have all this in HIM!!**
- 2. Trust that Jesus is with you.**
- 3. Believe God on His promises. And commit your ways to God.**

**NOW PRAY THIS PRAYER "OUTLOUD":**

## Personal Prayer: Part 1a

Dear Heavenly Father, You are my Lord. I know that You love me and that You will never leave me nor forsake me. You are the only true and living God that is worthy of worship. You are kind and loving in all Your ways. I love You and I thank You that I am alive in Christ. I submit myself to You and ask You to fill me with Your Holy Spirit in order to live my life free from sin. I choose to believe the truth which You have given us in the Bible, and I reject all the lies of Satan. I refuse to be discouraged because You are a God of all hope. I believe that you will meet my needs as I seek to obey You. I believe that I can do everything You want me to do because Jesus is my strength.

Heavenly Father, thank You for sending Your Only Son Jesus Christ to die on the cross for my sins. I believe Jesus' shed blood is enough for the forgiveness of my sins!! I pray the blood of Jesus over myself, my children, and my grandchildren. In Jesus' Name. Thank You Jesus for dying for me and rising from the dead. Because I believe in your death and resurrection I have forgiveness of sin and eternal life in You. I am Your child - a child of God - forgiven through faith in Christ's shed blood - filled, sealed, anointed with the Holy Spirit - and a friend of God.

## Personal Prayer: Part 1b

Satan, you and your demons, get away from me in Jesus' Name. You and your lying spirits get away and go to Jesus and His cross - He will deal with you. I am God's child!! I submit to God and I resist the devil. I stand against Satan and all his lies, and I command him and all his demons to leave me & my family. I put on the armour of God by believing and speaking the truth. I believe that Jesus is my protection because He never sinned and He took my sin on Himself. I commit myself to be a peacemaker and take the truth of the Bible and use it against all of Satan's dirty tricks. I submit my body as a living sacrifice to God, and I am going to keep studying the truth so I can prove that what God wants me to do is good and perfect for me. I do all this in the name of Jesus. Amen.

Holy Spirit come now and fill me with You. Fill me from the top of my head to the bottom of my feet. Jesus, come into every sickness & disease & blood cell in my body and melt away what is not of You. I command any spirits of sickness to leave me right now in Jesus' Name. Get away from me in Jesus' name. Come, melt away every hurt in my spirit, soul, and body and make me whole. Sickness, disease, and hurt cannot grow in the presence of the Holy, All-Powerful God. Your Word says, **"and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them."** (Matthew 4:24)



## Personal Prayer: Part 1c

Now with the Holy Spirit in your heart, mind, & being, meditate on this verse:

“and the people all tried to touch him,  
because power was coming from him and healing them all”.

(Luke 6:19)

Thank You Jesus. I believe Your power is flowing throughout my spirit, mind, will, emotions, and body. Your presence gives healing and fullness of joy!! Thank You Lord God Almighty. I am trusting in You for a healthy spirit, soul, and body. You have full permission to take control of me and have Your will in me, through me, and with me. In Jesus' Name I pray. Amen.

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)

## 2. PRAYER FOR DEPRESSION

Lord, I confess that I have misused depression to escape reality, to lessen my pain, or to cope with difficult problems. I confess that I have programmed my mind in a harmful way. I have quenched the Holy Spirit as well. Thank You for forgiving me. I renounce any satanic connection or influence in my life through my misuse of depression. I cast my anxieties on to Christ Who loves me. I commit myself to yield no longer to depression but instead I choose to allow the Holy Spirit to direct and empower me with His daily help .

I now claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in this sin. Satan & your demons get away from me. I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them.

Now Lord Jesus come and fill me with Your Holy Spirit. Fill my spirit, soul, and body with You. Your blood is enough for the forgiveness of sin and I declare that I am Your child. I command Satan and his demons to get away from me and go to Jesus. I ask You Jesus to continue filling me with Himself and to give me power over depression. Jesus teach me to fill myself with You. When I feel depressed teach me to fill myself with You. Thank You Jesus that I am free. I am Yours. You are my God & I am Your child. I am loved unconditionally. I am perfect in Your sight. You are my Father and I'm Your child. In Jesus' Name. Amen.

**Now choose one of the following five faith affirmations to say “out loud”.**

**Part 3a**

**I renounce the lie that I am rejected, unloved, dirty or shameful because  
IN CHRIST I am completely accepted. God says.....**

<b>John 1:12</b>	<b>I am God’s child.</b>
<b>John 15:5</b>	<b>I am Christ’s friend.</b>
<b>Romans 5:1</b>	<b>I have been justified (made right in God’s sight).</b>
<b>1 Cor. 6:17</b>	<b>I am united with the Lord &amp; one spirit with Him</b>
<b>1 Cor. 6:19-20</b>	<b>I have been bought with a price. I belong to God.</b>
<b>1 Cor.12:27</b>	<b>I am a member of Christ’s Body.</b>
<b>Eph.1:1</b>	<b>I am a saint, and a holy one.</b>
<b>Eph.1:5</b>	<b>I have been adopted as God’s child.</b>
<b>Eph.2:18</b>	<b>I have direct access to God through the Holy Spirit.</b>
<b>Col.1:14</b>	<b>I have been redeemed and forgiven of all my sins.</b>
<b>Col.2:10</b>	<b>I am complete in Christ.</b>

# DECLARATIONS:

## Part 3b

I renounce the lie that I am guilty, unprotected, alone or abandoned because  
IN CHRIST I am totally secure. God says.....

Romans 8:1-2	I am free forever from condemnation.
Romans 8:28	I am assured that all things work together for good.
Romans 8:31-34	I am free from any condemning charges against me.
Romans 8:35-39	I cannot be separated from the love of God.
2 Cor. 1:21-22	I have been established, anointed, and sealed by God.
Phil. 1:6	I am confident that the good work God has begun in me will be perfected.
Phil. 3:20	I am a citizen of heaven.
Col. 3:3	I am hidden with Christ in God.
2 Tim. 1:7	I have not been given a spirit of fear, but of power, love and a <u>sound mind</u> .
Hebrews 4:16	I can find grace and mercy to help in time of need.
1 John 5:18	I am born of God and the evil one cannot touch me.

## **DECLARATIONS:**

### **Part 3c**

**I renounce the lie that I am worthless, inadequate, helpless or hopeless because  
IN CHRIST I am deeply significant. God says.....**

<b>Matthew 5:13-14</b>	<b>I am the salt of the earth and the light of the world.</b>
<b>John 15:1,5</b>	<b>I am a branch of the true vine, Jesus, a channel of His life.</b>
<b>John 15:16</b>	<b>I have been chosen and appointed by God to bear fruit.</b>
<b>Acts 1:8</b>	<b>I am a personal, Spirit-empowered witness of Christ.</b>
<b>1 Cor.3:16</b>	<b>I am God's temple.</b>
<b>2 Cor.5:17-21</b>	<b>I am a minister of reconciliation for God.</b>
<b>2 Cor.6:1</b>	<b>I am God's co-worker.</b>
<b>Eph.2:6</b>	<b>I am seated with Christ in the heavenly realms.</b>
<b>Eph.2:10</b>	<b>I am God's workmanship, created for good works.</b>
<b>Eph.3:12</b>	<b>I may approach God with freedom and confidence.</b>
<b>Phil.4:13</b>	<b>I can do all things thru Christ who strengthens me!!</b>

# **DECLARATIONS ABOUT “FATHER GOD”:**

## **Part3d**

**I renounce the lie that my Loving Heavenly Father is .....**

- 1. Distant and disinterested**
- 2. Insensitive and uncaring**
- 3. Stern and demanding**
- 4. Passive and cold**
- 5. Absent or too busy for me**
- 6. Never satisfied with what I do; impatient or angry**

**I joyfully accept the truth that my Loving Heavenly Father is.....**

- 1. Intimate and involved (Psalm 139:1-18)**
- 2. Kind and compassionate (Psalm 103:8-14)**
- 3. Accepting and filled with joy and love (Romans 15:7; Zeph.3:17)**
- 4. Warm and affectionate (Isaiah 40:11; Hosea 11:3-4)**
- 5. Always with me and eager to be with me (Heb.3:5; Jer.31:20; Ezek.34:11-16)**
- 6. Patient and slow to anger (Exodus 34:6; 2 Peter 3:9)**

# **DECLARATIONS ABOUT “FATHER GOD”:**

## **Part 3e**

**I renounce the lie that my Loving Heavenly Father is .....**

- 1. Mean, cruel or abusive**
- 2. Trying to take all the fun out of life.**
- 3. Controlling or manipulative**
- 4. Condemning or unforgiving**
- 5. Nitpicking, exacting or perfectionistic.**
- 6. Not a good provider, emotionally and/or physically.**

**I joyfully accept the truth that my Loving Heavenly Father is.....**

- 1. Loving, gentle and protective of me (Jer.31:3; Isaiah 42:3; Psalm 18:2)**
- 2. Trustworthy and wants to give me a full life, His will is good perfect, and acceptable for me (Lam.3:22-23; John 10:10; Romans 12:1-2)**
- 3. Full of grace & mercy: He gives me freedom to fail (Heb.4:15-16; Luke 15:11-16)**
- 4. Tender-hearted and forgiving; His heart and arms are always open to me (Psalm 130:1-4; Luke 15:17-24)**
- 5. Committed to my growth and proud of me as His growing child (Romans 8:28-29; Hebrews 12:5-11; 2 Cor.7:4)**
- 6. Able and willing to supply all my needs (Phil.4:19; Psa.37:4; Matt.6:33)**

## AN INTRODUCTION TO DEPRESSION

People who suffer from depression suffer a real, painful, and encumbering existence.

Living life in a “normal” fashion becomes difficult – even the simplest things such as getting out of bed, getting dressed, and functioning in a normal day to day routine can be burdensome (to say the least).



## AN INTRODUCTION TO DEPRESSION

Wrong patterns have usually been learned throughout their lives. Many have gone through childhoods without learning how to deal with their emotions. Children, will suppress, squash, bury, hide, cover-up, be overwhelmed, ignore, etc. their feelings. A lot of them just don't know how to deal with life as it goes on – just day to day “feelings” in their life.

## AN INTRODUCTION TO DEPRESSION

They begin to use coping mechanisms that just get them through each day. This leads to not being able to deal with emotions as life goes on. At some point, as they grow older, they realize “their way” of dealing with their feelings just isn’t working.

## AN INTRODUCTION TO DEPRESSION

Sometimes they are “real emotions” that happen throughout day to day life. Sometimes, to a child’s real hurts, wounds, or traumas can be misinterpreted in their hearts and mind. The outcome is a “suppressed” emotional/spiritual life or an “angry” one – usually both to different degrees.

## AN INTRODUCTION TO DEPRESSION

The result is extreme inward pain leading to addictions, compulsive behaviors, and dysfunctions. These self-defeating behaviors usually take control of a person's life until they come to realize their need for help.

With the right guidance a person can recover. Unfortunately, even here a well-meaning friend, a wrong prescription, a wrong counselor, or even a “zealous” spiritual person can lead a person down the wrong path.

## AN INTRODUCTION TO DEPRESSION

It is so important that these years of wrong behaviors and wrong ways to deal with one's emotions, thinking, etc. have to be dealt with properly.

We strongly recommend four things for the individual:

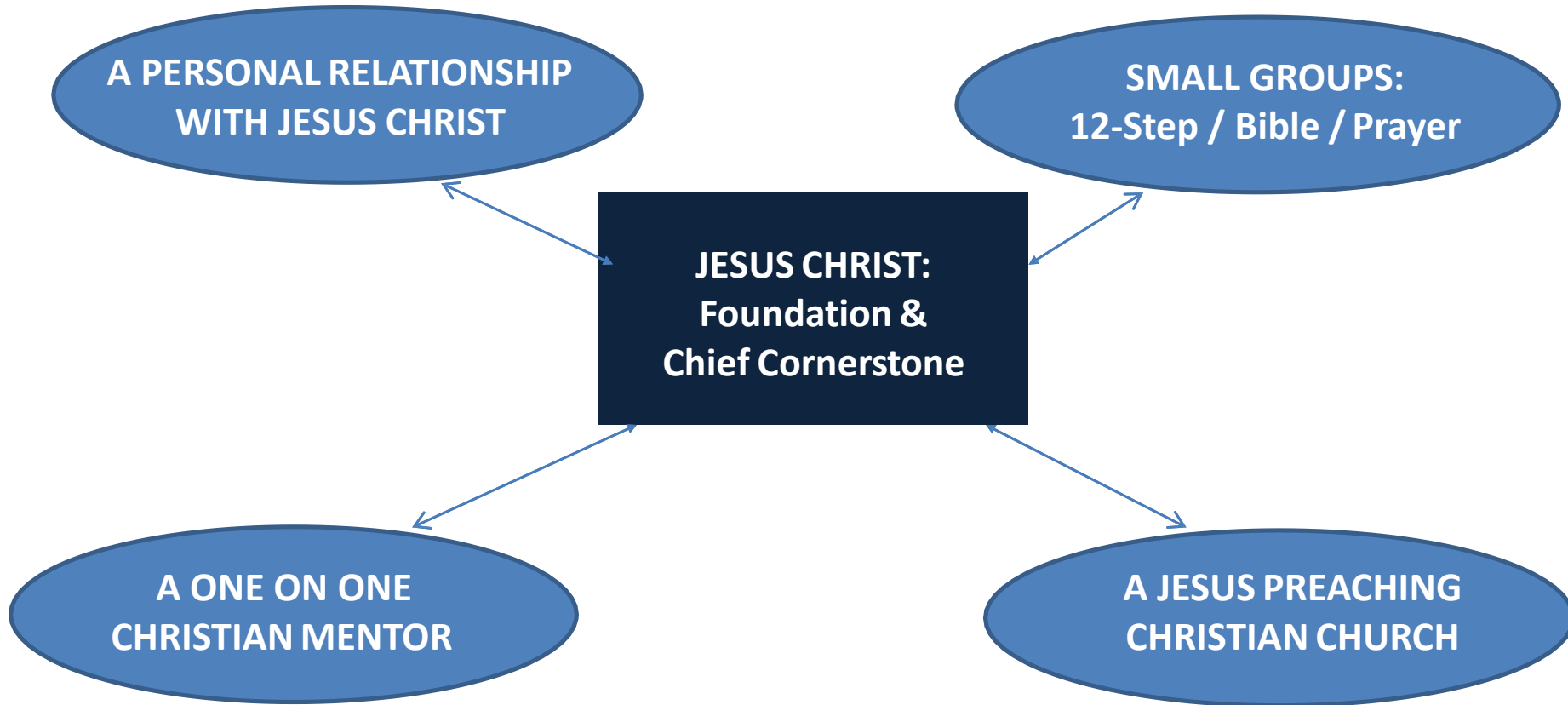
1) a one-on-one relationship with Jesus Christ. Receiving Christ into a person's heart give them the power to deal with their life.

2) a one-on-one Christian spiritual mentor who will listen to, pray with, support, and guide the individual with their life.

3) a small group for support. We recommend a healing bible study, prayer group, or 12-Step support group. Anger management, emotion groups, and others can also be helpful.

4) a larger church . This provides the opportunity to worship God, hear God's Word, and meet fellow Christians – finding opportunities to minister to others and be ministered to.

# FOUNDATIONAL RECOMMENDATIONS



**Having these foundations in place SIGNIFICANTLY increases your likelihood of being set free from your past and growing in Christ Jesus!!**

## GUIDELINES TO HEALING

[www.altogetherlovely.org/healing](http://www.altogetherlovely.org/healing)

scroll down to #3 “Guidelines to Healing”  
(see the 2<sup>nd</sup> larger full section)

You will find wonderful thoughts on healing. Issues such as “medicines”, “prayer journals”, “healing”, will all be addressed.

## OVERCOMING DEPRESSION (A Healing Resource)

The next few slides are healing slides for those to use when they are caught in the deep, dark tunnel of depression.

The very next slide is most important. The “foxes” are those sly, devious thoughts we get trapped into believing. Thoughts like: “I’m no good”, “I feel terrible so I’m no good”, “I can’t survive”, “I can’t go on”. We need to recognize the thoughts that we are allowing into our minds and learn to caste them into this LAKE OF FIRE. They are from the Pit of Hell. They are NOT who we are!!

This is an important slide. First say this prayer from the heart:

**Father God, I come to You through faith in the shed blood of Jesus on the cross for my forgiveness of sins. I also come to You through faith in Jesus’ Resurrection for my NEW LIFE IN HIM. I now release my thoughts of suicide, fear, doubt, insecurity, worry, restlessness, anger, rage, depression, etc. (any others you may have) into this fiery pit. Lord, help release these into this pit of fire and burn them up Jesus.**

**Thank You so much. In Jesus’ Name I pray. Amen**

**Now go to the next slide!! Don’t let those foxes ruin your vineyard!!**



**Catch for us the foxes, the little foxes that ruin the vineyards,  
our vineyards that are in bloom (Song of Solomon 2:15).**



Do not be anxious about anything, (Phil.4:6a)  
Jesus I trust You with my life. I come just as I am.





**but in every situation, by prayer and petition, with thanksgiving,  
present your requests to God. (Phil.4:6b)**

Dear Jesus,

You are the strength  
of my life;

You are my rock, my fortress  
and my protector; therefore,  
whom shall I be afraid?

You are my shield, my strong-  
tower and my stronghold.

I will call to You because You  
are worthy to be praised.

So, Father, I thank you  
for being my strength and  
My God in whom I trust,  
Amen.

PSALM 27:1B

Wentworth Day

Dear Loving Lord,  
I am feeling stress, I am worried.  
Too many things occupy my mind.  
Won't you help me?

Show me Lord, your order and  
your plans, are eternal.  
Let me trust in your will alone.  
Your word tells me where there is  
love, there is no fear.  
Let me be filled with your love.  
The perfect love that tells me I am  
not condemned, but I am saved.  
I can do all things through you,  
You Strengthen me.  
In Jesus name, Amen."

UNKNOWN

### Worms and Days

## Feeling Anxious Prayer

Dear Lord, when worries, fear or anxiety threaten to overtake me, help me remember your promises to be with me every second of my day. Help me to remember that you fight for me, provide for me and protect me. Please touch my body and heal me mentally, emotionally and physically. Help me to relax, to be at peace and to focus my mind on you. In Jesus' name I pray. Amen

HOPE FOR THE SOFTEN HEARTED.COM

**You are going  
to be okay.**

## 10 ANXIETY-RELIEF

Printable Scripture Cards

*I am okay, because...  
God is in control.*

**Related scriptures:** 1 Chron 10:1-19, Psalm 22:28, 2 Chron 5:5-11, Romans 8:28, 1 Cor 2:1, Job 12:9-10, Job 42:13-6, Ephesians 1:11-12

*I am okay, because...*  
God is with me.

**Related scriptures:** Joshua 19; Matthew 28:19-20; Deuteronomy 10:14; Zechariah 3:7; Psalm 139:7-10; John 14:16-17; Hebrews 13:5-6; Revelation 1:4.

*I am okay, because...*  
God fully forgives me.

*I am okay, because...*  
God truly loves me.

*I am okay, because I am...  
God's child forever.*

*I am okay, because...*  
God understands me.

**Related scriptures:** Psalm 139:1-4, Jeremiah 12:3, Hebrews 4:14-15, Hebrews 4:12-13, 1 John 3:20, Romans 8:26-27, 1 Kings 8:39b

27



**And the peace of God, which transcends all understanding,  
will guard your hearts and your minds in Christ Jesus. (Philippians 4:7)**





Finally, brothers and sisters, whatever is true,





whatever is noble,





whatever is right,





whatever is pure,





whatever is lovely,





whatever is admirable





if anything is excellent





# praiseworthy



think about such things.





**Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)**





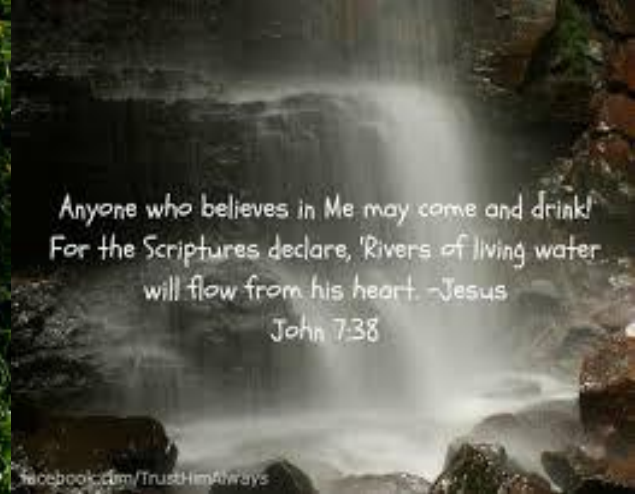
And the disciples were filled with joy and with the Holy Spirit. (Acts 13:52)

Holy Spirit, come fall upon me. Will You fill me with You – in my spirit, in my soul (mind-will-emotions), and in my body (every cell). Thank You Holy Spirit. I believe You have filled me!!





Instead, be filled with the Spirit,  
Holy Spirit, come fall upon me. Will You fill me with You – in my spirit, in my soul (mind-will-emotions), and in my body (every cell). Thank You Holy Spirit. I believe You have filled me!!

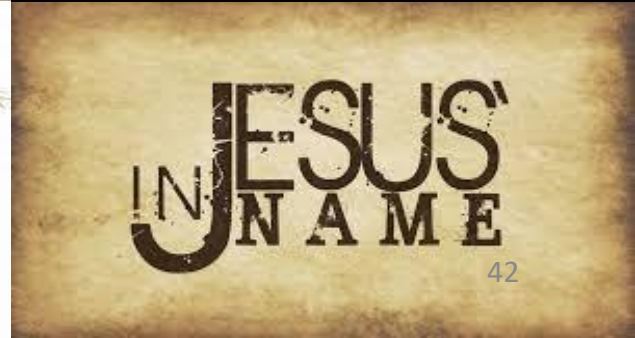




speaking to one another with psalms, hymns, and songs from the Spirit.  
Sing and make music from your heart to the Lord,

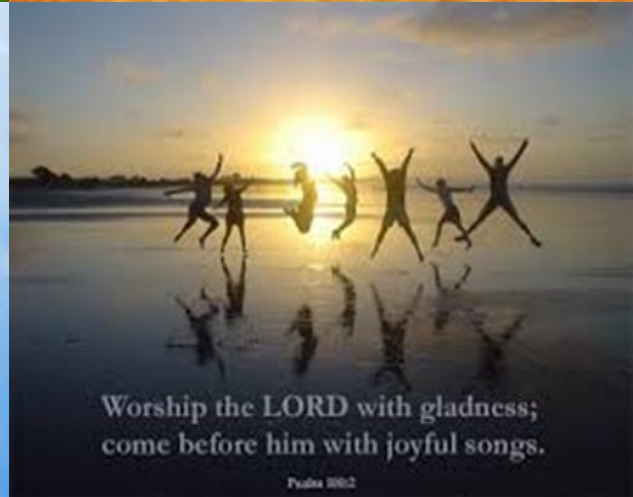


always giving thanks to God the Father for everything,  
in the name of our Lord Jesus Christ.





**Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. (Ephesians 5:17-21)**



# BIBLE VERSES ON “PEACE”

**Numbers 6:26:** the LORD turn his face toward you and give you **peace**." ' "

**Job 22:21:** Submit to God and be at **peace** with him; in this way prosperity will come to you.

**Psalms 4:8:** I will lie down and sleep in **peace**, for you alone, O LORD, make me dwell in safety.

**Psalms 29:11:** The LORD gives strength to his people; the LORD blesses his people with **peace**.

**Psalms 85:8:** I will listen to what God the LORD will say; he promises **peace** to his people, his saints-- but let them not return to folly.

**Proverbs 14:30:** A heart at **peace** gives life to the body, but envy rots the bones.

**Proverbs 16:7:** When a man's ways are pleasing to the LORD, he makes even his enemies live at **peace** with him.

**Isaiah 26:3:** You will keep in perfect **peace** him whose mind is steadfast, because he trusts in you.

**Isaiah 32:17:** The fruit of righteousness will be **peace**; the effect of righteousness will be quietness and confidence forever.

**Isaiah 53:5:** But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us **peace** was upon him, and by his wounds we are healed.

**Isaiah 55:12:** You will go out in joy and be led forth in **peace**; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.

**John 14:27:** **Peace** I leave with you; my **peace** I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

# BIBLE VERSES ON “PEACE”

**John 16:33:** "I have told you these things, so that in me you may have **peace**. In this world you will have trouble. But take heart! I have overcome the world."

**Romans 5:1:** Therefore, since we have been justified through faith, we have **peace** with God through our Lord Jesus Christ,

**Romans 8:6:** The mind of sinful man is death, but the mind controlled by the Spirit is life and **peace**;

**Romans 14:17:** For the kingdom of God is not a matter of eating and drinking, but of righteousness, **peace** and joy in the Holy Spirit,

**Romans 15:13:** May the God of hope fill you with all joy and **peace** as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

**Ephesians 2:14:** For he himself is our **peace**, who has made the two one and has destroyed the barrier, the dividing wall of hostility,

**Colossians 3:15:** Let the **peace** of Christ rule in your hearts, since as members of one body you were called to **peace**. And be thankful.

**1 Thessalonians 5:23:** May God himself, the God of **peace**, sanctify you through and through.

**2 Thessalonians 3:16:** Now may the Lord of **peace** himself give you **peace** at all times and in every way. The Lord be with all of you.

**Hebrews 13:20:** May the God of **peace**, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep,

# BIBLE VERSES ON “THANKS”

**Psalm 69:30**: I will praise God’s name in song and glorify him with **thanksgiving**.

**1 Corinthians 1:4**: I always thank my God for you because of his grace given you in Christ.

**1 Corinthians 10:16**: Is not the cup of **thanksgiving** for which we give **thanks** a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ?

**2 Corinthians 4:15**: All this is for your benefit, so that the grace that is reaching more and more people may cause **thanksgiving** to overflow to the glory of God.

**2 Corinthians 9:11**: You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in **thanksgiving** to God.

**Ephesians 5:4**: Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather **thanksgiving**.

**Philippians 4:6**: Do not be anxious about anything, but in every situation, by prayer and petition, with **thanksgiving**, present your requests to God.

**Colossians 1:3**: We always thank God, the Father of our Lord Jesus Christ, when we pray for you,

# BIBLE VERSES ON “THANKS”

**1 Thessalonians 1:2**: We always thank God for all of you and continually mention you in our prayers.

**2 Thessalonians 1:3**: We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing.

**1 Timothy 2:1**: I urge, then, first of all, that petitions, prayers, intercession and **thanksgiving** be made for all people—

**1 Timothy 4:3**: They forbid people to marry and order them to abstain from certain foods, which God created to be received with **thanksgiving** by those who believe and who know the truth.

**1 Timothy 4:4**: For everything God created is good, and nothing is to be rejected if it is received with **thanksgiving**,

**2 Timothy 1:3**: I thank God, whom I serve, as my ancestors did, with a clear conscience, as night and day I constantly remember you in my prayers.

**Philemon 1:4**: I always thank my God as I remember you in my prayers,



# A PRAYER JOURNAL

One of the best ways to deal with depression is doing a DAILY PRAYER JOURNAL. A daily prayer journal is writing your prayers instead of saying them. Why write? Writing gives less time for our minds to wander. Writing allows the Holy Spirit to minister to us in a deeper way. Writing puts our thoughts on paper and helps RELEASE them to God. We strongly encourage you to spend 10-15 minutes a day doing a DAILY PRAYER JOURNAL. Here's how:



# A PRAYER JOURNAL

i) Sit down with a pen, paper, and Bible. Start by saying this prayer EACH TIME:

*Father, I come to You through the blood of Your Son, Jesus Christ.*

*I thank You that You died for me and that I am Your child.*

*Forgive me for (confess your sins). Now, come and fill me with Your Holy Spirit.*

*Father, I pray that nothing would disturb this time I have with You.*

*Father, would You quiet all demonic activity here in the name of Jesus Christ.*

*Thank You Father.*

*Holy Spirit come and fall upon me now. Come Holy Spirit into my spirit, my mind, my will, my emotions, and throughout my body. Thank You Holy Spirit. I love You.*

*Now give me the power to write what YOU put on my heart.*

*You are so gentle, loving, and want nothing but the best for me.*

*I love You, Father God. I love You, Jesus. I love You Holy Spirit.*

*In Jesus' Name I pray. Amen.*

# A PRAYER JOURNAL

- ii) Wait on God (absorb God) and allow Him to fill your heart with what to write.
- iii) Allow God to bring up whatever HE wants. Remember, He is gentle, caring and wants to heal you slowly, gently, and completely. Be open and let HIM do the healing.
- iv) When you sense God's leading, begin to write from your heart the best you can. It may be about your day, or about something from your past, or you may just find yourself writing. Just allow God to lead you. There is no RIGHT or WRONG way.
- v) Don't overwrite. Do what you feel you can do. Get to know yourself.
- vi) When you finish, read out loud what you have written. Then put your paper in a safe place OR tear it up and throw it away. This is between YOU & GOD. Sometimes you can share these thoughts with a trusted, mature, spiritual mentor who will pray with you.
- vii) Finally, do something "POSITIVE". Rejoice, sing a joyful song, go for a walk, phone a caring friend, minister to someone, etc.

GOD IS WITH YOU!

## 1. GOD SAYS!!!

**a) YOU SAY: It's impossible. GOD ANSWERS: All things are possible:**

But He said, "The things which are impossible with men are possible with God."

(Luke 18:27)

**b) YOU SAY: I'm too tired. GOD SAYS: I will give you rest:**

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." (Matt.11:28-30)

**c) YOU SAY: Nobody really loves me. GOD SAYS: I love you:**

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. (John 3:16)

**d) YOU SAY: I can't go on. GOD SAYS: My grace is sufficient:**

And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. (2 Cor. 12:9)

He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. (Psalms 91:15)

## **2. GOD SAYS!!!**

**a) YOU SAY: I can't figure things out. GOD SAYS: I will direct your steps:**

Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths. (Proverbs 3:5-6)

**b) YOU SAY: I can't do it. GOD SAYS: You can do all things**

I can do all things through Christ who strengthens me. (Philippians 4:13)

**c) YOU SAY: I'm not able. GOD SAYS: You are able:**

And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. (2 Cor.9:8)

**d) YOU SAY: It's not worth it. GOD SAYS: It will be worth it:**

And we know that all things work together for good to those who love God, to those who are the called according to His purpose. (Romans 8:28)

**e) YOU SAY: I can't forgive myself. GOD SAYS: I will supply all your needs:**

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)

There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. (Romans 8:1)

### **3. GOD SAYS!!!**

**a) YOU SAY: I can't manage. GOD SAYS: I will supply all your needs:**

And my God shall supply all your need according to His riches in glory by Christ Jesus.  
(Philippians 4:19)

**b) YOU SAY; I'm afraid. GOD SAYS: I have not given you a spirit of fear:**

For God has not given us a spirit of fear, but of power and of love and of a sound mind.  
(2 Timothy 1:7)

**c) YOU SAY: I'm worried & frustrated. GOD SAYS: Cast all your cares on Me:**

Cast all your anxiety on him because he cares for you. (1 Peter 5:7)

**d) YOU SAY: I'm not smart enough. GOD SAYS: I give you wisdom**

But of Him you are in Christ Jesus, who became for us wisdom from God—  
and righteousness and sanctification and redemption— (1 Corinthians 1:30)

**e) YOU SAY: I feel all alone. GOD SAYS: I will never leave you or forsake you:**

Let your conduct be without covetousness; be content with such things as you have.  
For He Himself has said, "I will never leave you nor forsake you." (Hebrews 13:5)

## A Prayer For A Person's Salvation

Dear Heavenly Father, I bring (name the person(s)) before You. I stand against the blinding of Satan that would keep them from believing and seeing the light of the gospel of the glory of Christ (2 Corinthians 4:4). I take the authority that is mine because of my position in Christ, and I exercise that authority over Satan in regards to (name the person(s)). Heavenly Father. In the name of Jesus, I take authority over speculation and every lofty thing raised up against the knowledge of God in the mind(s) of (name the person(s)). (2 Corinthians 10:5). I tear down those strongholds and bring (name the person(s)) mind(s) into captivity in order to obey Christ. By the authority that I have in Christ and in obedience to the great commission to make disciples, I command Satan to release the mind(s) of (name the person(s)) so that they may obey God. I declare myself and all that You have entrusted to me to be eternally signed over to the Lord Jesus Christ. Based on Your Word according to 1 John 5:16, I am asking You to give spiritual life to (name the person(s)). I pray that You would enable me to be the kind of (parent/friend/brother/sister) that You want me to be. May I never be the kind of (parent/friend/brother/sister) that would be a stumbling block to (name the person(s)). Enable me to be a positive witness and a living epistle for all those who don't know You. I ask this in the name and authority of the Lord Jesus Christ. Amen.

<b>AFRAID</b>	<b>Psalm 34:4; Matt.10:28; 2 Tim.1:7; Heb.13:5-6</b>
<b>ANXIOUS</b>	<b>Psalm 46; Matt. 6:19-34; Phil.4:6; 1 Peter 5:6-7</b>
<b>BACKSLIDING</b>	<b>Psalm 51; 1 John 1:4-9</b>
<b>BEREAVED</b>	<b>Matthew 5:4; 2 Corinthians 1:3-4</b>
<b>BITTER/CRITICAL</b>	<b>1 Corinthians 13</b>
<b>CONSCIOUS OF SIN</b>	<b>Proverbs 28:13</b>
<b>DEFEATED</b>	<b>Romans 8:31-39</b>
<b>DEPRESSED</b>	<b>Psalm 34</b>
<b>DISASTER</b>	<b>Psalm 91; 118:5-6; Luke 8:22-25</b>
<b>DISCOURAGED</b>	<b>Psa.42:6-11; 55:22; Matt.5:11-12; 2 Cor. 4:17; Phil.4:6-7</b>
<b>DOUBTING</b>	<b>Matthew 8:26; Hebrews 11</b>
<b>FACING A CRISIS</b>	<b>Psalm 121; Matthew 6:25-34; Hebrews 4:16</b>
<b>FAITH FALLS</b>	<b>Psalm 42:5; Hebrews 11</b>
<b>FRIENDS FAIL</b>	<b>Psa.41:9-13; Luke 17:3-4; Rom.12:14-21; 2 Tim.4:16-18</b>
<b>GOD'S PROTECTION</b>	<b>Psalm 27:1-6; Psalm 91; Philippians 4:19</b>
<b>GUIDANCE</b>	<b>Psalm 32:8; Proverbs 3:5-6</b>

## WHERE TO FIND HELP WHEN..... (part 2)

LEAVING HOME	Psalm 121; Matthew 10:16-20
LONELY	Psalm 23; Hebrews 13:5-6
OVERCOME	Psalm 6; Romans 8:31-39; Romans 5:1-5; 1 John 1:4-9
PEACE	John 14:1-4; John 16:33; Rom.5:1-5; Phil. 4:6-7
PRAYERFUL	Psa.4; Psalm 42; Luke 11:1-13; John 17; 1 John 5:14-15
PROTECTED	Psalm 18:1-3; Psalm 34:7
RULES FOR LIVING	Romans 12
SICK or in PAIN	Psalm 38; Matt. 26:39; Romans 5:3-5; 2 Cor.12:9-10
SORROWFUL	Psa.51; Matt. 5:4; John 14; 2Cor. 1:3-4; 1 Thess.4:13-18
TEMPTED	Psalm 1; 139:23-24; Matt. 26:41; James 4:7; 2 Pet.2:9
THANKFUL	Psalm 100; 1 Thess. 5:18; Hebrews 13:15
TRAVELING	Psalm 121
TROUBLED	Psalm 16; Psalm 31; John 14:1-4; Hebrews 7:25
WEARY	Psalm 90; Matt. 11:28-30; 1 Cor.15:58; Gal.6:9-10
WORRIED	Matthew 6:19-34; 1 Peter 5:6-7



# MORE RESOURCES FOR DEPRESSION

## RESOURCES:

[www.altogetherlovely.org/healing](http://www.altogetherlovely.org/healing)

scroll down to #3 “Guidelines to Healing” (see the 2<sup>nd</sup> larger full section)

Here you’ll also find info on:

“PRAYER JOURNAL”, “resources for healing”, etc. etc.

[www.altogetherlovely.org/resources](http://www.altogetherlovely.org/resources)

see #8 HEALING. Then: #7. DEPRESSION

[www.altogetherlovely.org/discipleship](http://www.altogetherlovely.org/discipleship)

This six day coursel will lay a deep foundation for you and your life.

## DISCLAIMER

This book is not to replace counseling when needed. In fact, we encourage individuals to find trusting Christian counseling and discipleship. Not Christians who counsel but CHRISTIAN COUNSELING making JESUS CHRIST the Center of the process. This material is a “tool” to offer support. Individuals are responsible for their own healing and no one else. It is between you and God. Nobody knows you better than God. In no way does this book claim to replace professional counselors when needed. A professional Christian counselor is something that should be considered between God and the individual. Again, this book offers “laymen” resources for those wanting to grow and heal in Christ.