

Scriptural Thought List: Depression

1. I Am to Please God in All Respects: Colossians 1:9-12 - we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that you will walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God; strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously giving thanks to the Father, who has qualified us to share in the inheritance of the saints in Light.

2. All of My Trials Produce Endurance and Usefulness to God: James 1:2-3 - Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance.

3. My Present Struggle is an Opportunity to Display of God's Grace: Hebrews 4:16 - Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

4. The Word of God is my Help: Psalm 19:7-11 - The law of the LORD is perfect, restoring the soul; The testimony of the LORD is sure, making wise the simple. The precepts of the LORD are right, rejoicing the heart; The commandment of the LORD is pure, enlightening the eyes. The fear of the LORD is clean, enduring forever; The judgments of the LORD are true; they are righteous altogether. They are more desirable than gold, yes, than much fine gold; Sweeter also than honey and the drippings of the honeycomb. Moreover, by them Your servant is warned; In keeping them there is great reward.

5. God's Power has Fully Equipped Me: 2 Peter 1:3-4 - His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of *the* divine nature, having escaped the corruption that is in the world by lust.

6. There is Peace in Jesus Christ: John 16:33 - "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."

7. My Trial is Common: 1 Corinthians 10:13 - No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

8. God is at Work for My Good: Romans 8:28 - And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose.

9. This Trial has Great Benefits: Romans 5:3-5 - And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

10. I Must Put Off Disobedience to God's Word and Put On Living a Disciplined Faithfully Obedient Life: Romans 6:11-12 - Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin *as* instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members *as* instruments of righteousness to God.

11. Depression is a Feeling that Need Not Keep Me from Glorifying My God: 1 Corinthians 10:31 - Whether, then, you eat or drink or whatever you do, do all to the glory of God.

12. By God's Grace, I Can and Must Consider My Trials with Joy: James 1:2-4 - Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing.

Spiritual Issues

Control
Perfectionism

Pride
Self-Focus

Distrust of God

Results

Eating Disorder/Laxative Abuse
Extreme Performance Mentality

O.C. Tendencies/Suicidal Thoughts
Depression

Fear/Anxiety/Panic Attacks