



AT HOME

Help with Depression

STUDY

Read these Scriptures to see what God says:

[Deuteronomy 31:8](#)

[Psalm 34:17](#)

[Psalm 40:1-3](#)

[1 Peter 5:6-7](#)

[1 Peter 4:12-13](#)

[Philippians 4:8](#)

LISTEN

Listen and engage in this worship moment to prepare your heart:



["Give Me Your Peace" | Gateway Worship](#)

WRITE

Answer:

1. What is an area in my life that the Lord is needing to heal?
2. What lie(s) have I believed about my life?
3. What is the Holy Spirit saying to me concerning the way I feel?

WATCH

Watch these sermon moments to hear what Pastor Robert says:



[You Are Precious](#)



[You Are Unique](#)



[You Are Valuable](#)

READ

Read this book to go deeper in dealing with this issue (click to order):

