DEPRESSION



Lamentations 3:22-24 The faithful love of the Lord never ends! His mercies never cease. ²³ Great is his faithfulness; his mercies begin afresh each morning. ²⁴ I say to myself, "The Lord is my inheritance; therefore, I will hope in him!"

CALVARY CHAPEL NUEVO

Daily Devotion Journal

DEPRESSION

CALVARY CHAPEL NUEVO

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The Road Map

Depression has the ability to suck the life out of life. For some it last a moment. For others it goes on with no end in sight. The reasons depression come upon us are varied. Sometimes we blame God, others, and even ourselves. Sometimes our depression comes with our movement away from God. Sometimes it just comes from the circumstances of life. Whatever the case may be, it's there and it's real.

You are not alone. Many cope with depression in their lives; albeit not in the best of ways. Even the heroes of the Bible had severe bouts with depression. The point is that it can intrude any of our lives at any time.

There is hope! In the next 31 days you will discover how God desires you to cope with depression. It can be overcome.

The journey is three-fold:

First, you will work through passage where the biblical authors voice their frustration with God in light of their depression, as well as, where they found themselves at the end of their pleadings.

Second, you will see God response to your depression. He is near.

Third you will concentrate on what you can do to overcome depression...biblically.

Due to the subject matter you will not want to start this journey to recovery let alone finish it. That is the nature of depression. I urge you to finish. Have a trusted friend hold you accountable every day if need be. I promise you that God has an abundant life for you, with Him at the center.

God Bless you!

There may be nothing more powerful in our Christian life than spending quiet devotional time with God on a regular basis. This is where God's Word comes alive to us, where we hear Him speak to us, and where we find ourselves in a place to respond to Him.

The Daily Devotion Journal is designed to help you do just that. Pick a meaningful scripture, give yourself 20-30 minutes, and purposefully meet God in His Word and Prayer. Follow each step. Don't rush through it. Really commit to meet God during this time.

First, Pray. Slow down and make your heart ready to hear from God.

Then, <u>MEDITATE</u> on the scripture. Read it slowly, carefully, repeatedly, asking God to speak to you through His Word. If necessary, check the surrounding verses to help you understand the key scripture. You can also begin to <u>pray this scripture</u> while you're meditating on it. Start making this scripture a prayer for your life.

Next, write out the scripture in your own words. While you're writing, let the words sink in.

Now you're ready to <u>APPLY</u> this scripture to your life. Be personal and specific. Write down what area of your life The Holy Spirit is addressing though this scripture. How does this scripture specifically apply to your life? Be honest. Be real with God.

Next, decide what you going to <u>do</u>, today, in <u>RESPONSE</u> to this scripture? Maybe it's a physical action, maybe it's taking your thoughts captive, maybe it's choosing to respond in your heart according to God's Word. How are you going to respond to this scripture, today?

Finally, write out a prayer to God in response to this time with Him. Ask for the power of The Holy Spirit to make this scripture real in your life. Make your commitment to God, and thank Him for speaking to you through His Word.

Now, the final question is; How do you choose the scripture to use with the journal?

The best way is to come back to the Discipleship Resource Table on any Sunday and the people there will be glad to help you find appropriate scripture. You can also email me at shep@calvarynuevo.org and tell me what topic you're looking for scripture on, and we will send you scripture to use with your Daily Devotion Journal. You can also ask someone you consider a spiritual mentor to help you find appropriate scriptures.

You can download this journal page at <u>calvarynuevo.org</u>. Or you can ask us for journal books that come with 30 journal pages. We have journal books with no scripture, for you to put your own scripture in, and we also have 'topical' journal books, that come with 30 preprinted scriptures for you to spend 30 days on one specific subject with God.

Our 'topical' journal books have been a tremendous blessing to everyone who has used them. Please consider trying one in your quiet time with the Lord.

I promise you, God will meet you during this time. And if you will surrender all of your life to Him, and allow His Word to renew your mind, He will transform you.

Rom 12:1-2,

Pastor Dave

God: The question and answer to depression

Journal thoughts and prayers	Date:

Daily Devotion Journal Psalm 13:1-3, 5-6 Date

<u>SCRIPTURE</u> :	Psalm 13:1-3, 5-6	Date
PRAY - Slow Down. Pray Goelse. Get alone with God.	od would make your heart ready to h	near from Him. Shut out everything
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RESPOND - What specifi	ic <u>actions</u> will you take today in re	esponse to this scripture?
PRAY - Write your prayer to	God in response to this scripture) .

Journal th	oughts and prayers	Date:
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<u>SCRIPTURE</u> :	Psalm 109:21-22, 30-31	Date
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PRAY - Write your prayer to	God in response to this scripture.	

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Psalm 69:1-3, 16-17	Date
PRAY - Slow Down. Pray Gelse. Get alone with God.	God would make your heart ready to hea	ar from Him. Shut out everything
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Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Psalm 69:29-30	Date
<u>PRAY</u> - Slow Down. Pray Go else. Get alone with God.	od would make your heart ready to he	ear from Him. Shut out everything
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<u>RESPOND</u> - What specific	c <u>actions</u> will you take today in res	sponse to this scripture?
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<u>PRAY</u> - Write your prayer to 0	God in response to this scripture.	

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	<u>Psalm 70:5</u>	Date
<u>PRAY</u> - Slow Down. Pray Go else. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
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Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	<u>Psalm 38:9-11, 15</u>	Date
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<u>PRAY</u> - Write your prayer to	God in response to this scripture.	

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Psalm 102:7-9, 12	Date
PRAY - Slow Down. Pray Gelse. Get alone with God.	God would make your heart ready to hea	ar from Him. Shut out everything
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<u>PRAY</u> - Write your prayer to	God in response to this scripture.	

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	<u>Psalm 25:16-18</u>	Date
<u>PRAY</u> - Slow Down. Pray Go else. Get alone with God.	od would make your heart ready to h	ear from Him. Shut out everything
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<u>RESPOND</u> - What specific	c <u>actions</u> will you take today in re	sponse to this scripture?
<u>PRAY</u> - Write your prayer to	God in response to this scripture.	

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Psalm 142:1-4, 7	Date
<u>PRAY</u> - Slow Down. Pray 0 else. Get alone with God.	God would make your heart ready to hea	ar from Him. Shut out everything
	pture. Read it slowly, carefully, repeate ripture if necessary. Begin to turn this so	
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<u>PRAY</u> - Write your prayer to	o God in response to this scripture.	

Journal thoughts and prayers	Date:

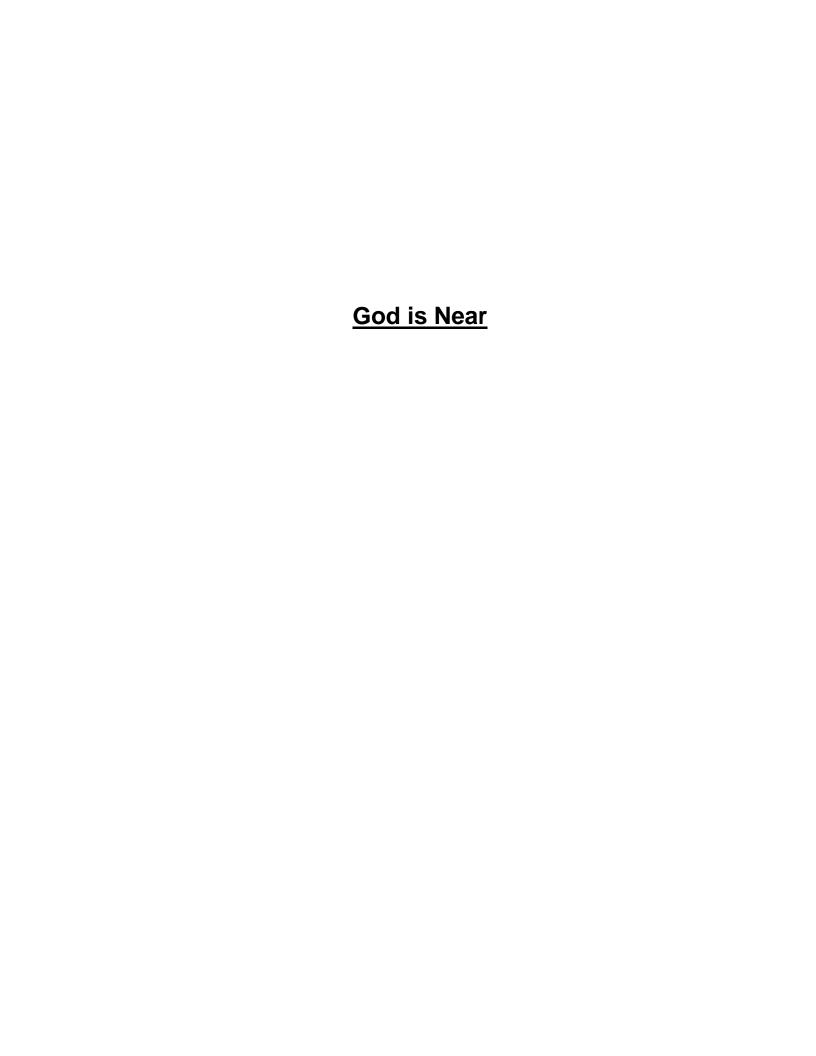
<u>SCRIPTURE</u> : <u>Lamentations 3:16-18, 22-24</u> Date
<u>PRAY</u> - Slow Down. Pray God would make your heart ready to hear from Him. Shut out everythin else. Get alone with God.
<u>MEDITATE</u> on the scripture. Read it slowly, carefully, repeatedly. Check surrounding verses help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your li
Write out the key scripture in your own words. Continue to make this scripture your prayer.
APPLY - How does this scripture apply to YOUR LIFE today? Be specific and personal.
What is God speaking to you, about your life, through this scripture today.
<u>RESPOND</u> - What specific <u>actions</u> will you take today in response to this scripture?
<u>PRAY</u> - Write your prayer to God in response to this scripture.

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Lamentations 3:31-33	Date
<u>PRAY</u> - Slow Down. Pray God else. Get alone with God.	would make your heart ready to hear	r from Him. Shut out everything
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Write out the key scripture in you	ur own words. Continue to make this	scripture your prayer.
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<u>RESPOND</u> - What specific	actions will you take today in respo	onse to this scripture?
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<u>PRAY</u> - Write your prayer to G	od in response to this scripture.	

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Lamentations 3:55-57	Date
PRAY - Slow Down. Pray God else. Get alone with God.	d would make your heart ready to hear	from Him. Shut out everything
	ure. Read it slowly, carefully, repeatedly ture if necessary. Begin to turn this scrip	
Write out the key scripture in yo	our own words. Continue to make this s	scripture your prayer.
	oture apply to <u>YOUR LIFE</u> today? Be s ut your life, through this scripture today.	
<u>RESPOND</u> - What specific	actions will you take today in respo	nse to this scripture?
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Journal thoughts and prayers	Date:

SCRIPTURE: Matthew 26:38; 27:46(Jesus' Example) Date					
<u>PRAY</u> - Slow Down. Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.					
<u>MEDITATE</u> on the scripture. Read it slowly, carefully, repeatedly. Check surrounding verses the help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.					
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<u>APPLY</u> - How does this scripture apply to <u>YOUR LIFE</u> today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.					
<u>RESPOND</u> - What specific <u>actions</u> will you take today in response to this scripture?					
<u>PRAY</u> - Write your prayer to God in response to this scripture.					

Journal thoughts and prayers	Date:

SCRIPTURE: 2 Timothy 4:16-18 (Paul's Example) Date					
<u>PRAY</u> - Slow Down. Pray God would make your heart ready to hear from Him. Shut out everythin else. Get alone with God.					
<u>MEDITATE</u> on the scripture. Read it slowly, carefully, repeatedly. Check surrounding verses help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.					
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<u>RESPOND</u> - What specific <u>actions</u> will you take today in response to this scripture?					
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<u>PRAY</u> - Write your prayer to God in response to this scripture.					

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Psalm 18:28	Date
PRAY - Slow Down. Pray God else. Get alone with God.	d would make your heart ready to	hear from Him. Shut out everything
		atedly. Check surrounding verses to scripture into a prayer for your life.
Write out the key scripture in yo	ur own words. Continue to make	this scripture your prayer.
APPLY - How does this scrip What is God speaking to you, abou		
<u>RESPOND</u> - What specific	actions will you take today in re	esponse to this scripture?
<u>PRAY</u> - Write your prayer to 0	God in response to this scripture).

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	<u>Isaiah 43:1-2</u>	Date
<u>PRAY</u> - Slow Down. Pray Go else. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
		atedly. Check surrounding verses to s scripture into a prayer for your life.
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<u>PRAY</u> - Write your prayer to	God in response to this scripture	е.

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Psalm 30:5	Date
<u>PRAY</u> - Slow Down. Pray G else. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
		atedly. Check surrounding verses to scripture into a prayer for your life.
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	ipture apply to <u>YOUR LIFE</u> today out your life, through this scripture t	
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KESPOND - What specif	ic <u>actions</u> will you take today in r	esponse to this scripture?
<u>PRAY</u> - Write your prayer to	God in response to this scriptur	e.

Journal thoughts and prayers	Date:

<u>SCRIPTURE</u> :	Hebrews 13:5	Date
<u>PRAY</u> - Slow Down. Pray Go else. Get alone with God.	d would make your heart ready to h	near from Him. Shut out everything
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<u>RESPOND</u> - What specific	: <u>actions</u> will you take today in re	esponse to this scripture?
PRAY - Write your prayer to 0	God in response to this scripture	.



<u>SCRIPTURE</u> :	<u>Psalm 56:8</u>	Date
<u>PRAY</u> - Slow Down. Pray G else. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
		atedly. Check surrounding verses to s scripture into a prayer for your life.
Write out the key scripture in y	our own words. Continue to make	this scripture your prayer.
	i pture apply to <u>YOUR LIFE</u> today out your life, through this scripture t	
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<u>PRAY</u> - Write your prayer to	God in response to this scriptur	e.



<u>SCRIPTURE</u> :	<u>Isaiah 57:15</u>	Date
<u>PRAY</u> - Slow Down. Pray G else. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
		atedly. Check surrounding verses to s scripture into a prayer for your life.
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<u>PRAY</u> - Write your prayer to	God in response to this scripture	е.



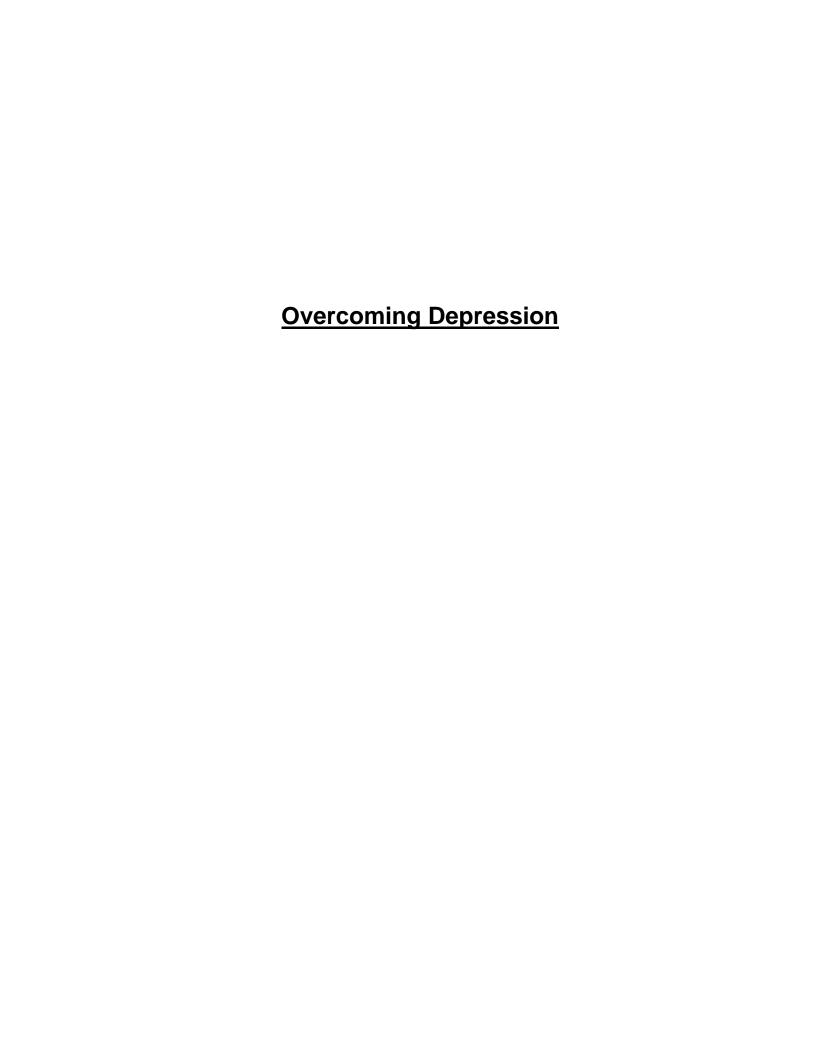
<u>SCRIPTURE</u> :	<u>Job 23:10</u>	Date
PRAY - Slow Down. Pray Gelse. Get alone with God.	God would make your heart ready to	o hear from Him. Shut out everything
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- What specification	nc <u>actions</u> will you take today in	response to this scripture?
<u>PRAY</u> - Write your prayer to	God in response to this scriptu	ıre.



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response to this scriptu	ıre.
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<u>SCRIPTURE</u> :	<u>Psalm 147:3</u>	Date
<u>PRAY</u> - Slow Down. Pray Go else. Get alone with God.	d would make your heart ready to	hear from Him. Shut out everything
		atedly. Check surrounding verses to s scripture into a prayer for your life.
Write out the key scripture in yo	our own words. Continue to make	this scripture your prayer.
APPLY - How does this scrip What is God speaking to you, abo	oture apply to <u>YOUR LIFE</u> today' ut your life, through this scripture t	
<u>RESPOND</u> - What specific	c <u>actions</u> will you take today in r	esponse to this scripture?
PRAY - Write your prayer to 0	God in response to this scripture	e.





<u>SCRIPTURE</u> :	<u>Psalm 43:5</u>	Date
PRAY - Slow Down. Pray Go else. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
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Write out the key scripture in yo	our own words. Continue to make	this scripture your prayer.
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<u>RESPOND</u> - What specific	c <u>actions</u> will you take today in r	response to this scripture?
<u>PRAY</u> - Write your prayer to	God in response to this scripture	e.



<u>SCRIPTURE</u> :	Psalm 46:1	Date
PRAY - Slow Down. Pray G else. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
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RESPOND - What specif	ic <u>actions</u> will you take today in	response to this scripture?
<u>PRAY</u> - Write your prayer to	God in response to this scriptu	re.



<u>SCRIPTURE</u> :	<u>Psalm 16.8</u>	Date
PRAY - Slow Down. Pray Gelse. Get alone with God.	od would make your heart ready to he	ear from Him. Shut out everything
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PRAY - Write your prayer to	God in response to this scripture.	



<u>SCRIPIURE</u> :	<u>2 Corinthians 1:3-4</u>	Date
PRAY - Slow Down. Pray God else. Get alone with God.	d would make your heart ready to h	near from Him. Shut out everything
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Write out the key scripture in you	ur own words. Continue to make t	this scripture your prayer.
APPLY - How does this script What is God speaking to you, abou		
<u>RESPOND</u> - What specific	actions will you take today in re	esponse to this scripture?
<u>PRAY</u> - Write your prayer to G	od in response to this scripture	



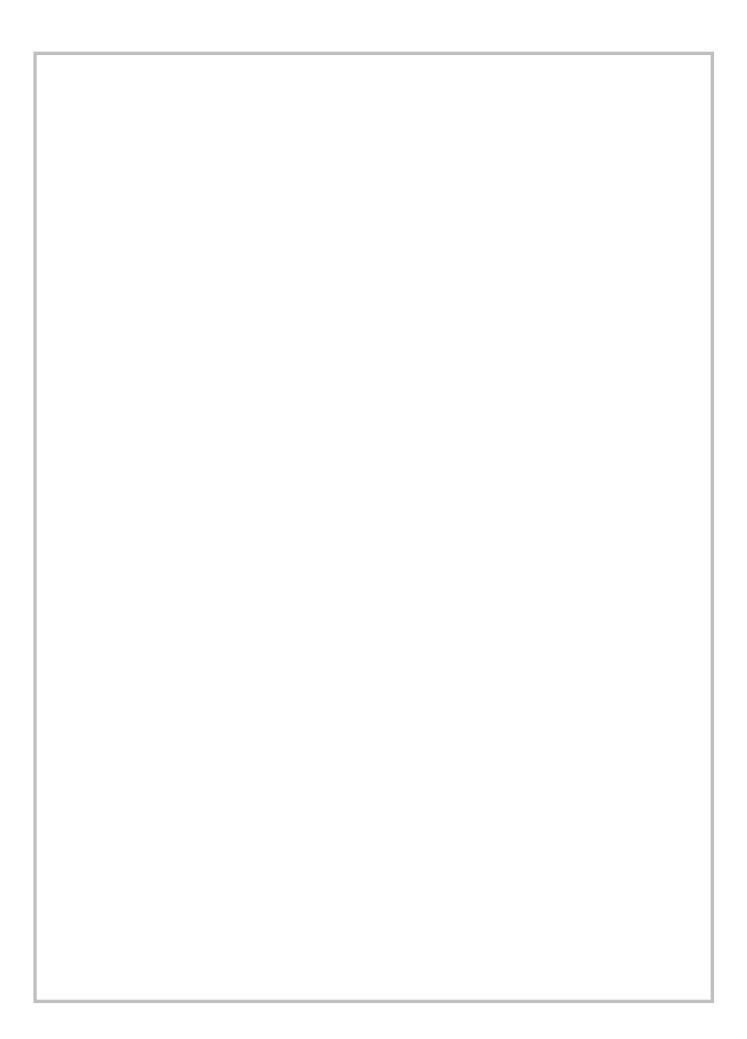
<u>SCRIPTURE</u> :	2 Corinthians 4:16	Date
PRAY - Slow Down. Pray Gelse. Get alone with God.	od would make your heart ready to hear f	rom Him. Shut out everything
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	pture apply to <u>YOUR LIFE</u> today? Be sout your life, through this scripture today.	pecific and personal.
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- wnat specific	ic <u>actions</u> will you take today in respor	ise to this scripture?
<u>PRAY</u> - Write your prayer to	God in response to this scripture.	



<u>SCRIPTURE</u> :	<u> Hebrews 12:2</u>	Date
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Write out the key scripture in your	own words. Continue to make	this scripture your prayer.
APPLY - How does this scriptur What is God speaking to you, about y		
<u>RESPOND</u> - What specific <u>ac</u>	ctions will you take today in r	esponse to this scripture?
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<u>PRAY</u> - Write your prayer to God	in response to this scripture	e.



<u>SCRIPTURE</u> :	Psalm 73:25-26	Date
PRAY - Slow Down. Pray Gelse. Get alone with God.	iod would make your heart ready to he	ear from Him. Shut out everything
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Write out the key scripture in y	your own words. Continue to make th	nis scripture your prayer.
	ipture apply to <u>YOUR LIFE</u> today? I out your life, through this scripture too	
<u>RESPOND</u> - What specif	ic <u>actions</u> will you take today in res	sponse to this scripture?
<u>PRAY</u> - Write your prayer to	God in response to this scripture.	



<u>SCRIPTURE</u> :	<u>John 14:1,27</u>	Date
PRAY - Slow Down. Pray Gelse. Get alone with God.	od would make your heart ready to	hear from Him. Shut out everything
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Write out the key scripture in y	your own words. Continue to make	e this scripture your prayer.
	ripture apply to <u>YOUR LIFE</u> today bout your life, through this scripture	
RESPOND - What specif	fic <u>actions</u> will you take today in	response to this scripture?
<u>PRAY</u> - Write your prayer to	o God in response to this scriptu	re.

Take time to write out a simple commitment to wait on and seek God i your dark journey:				

Did you see that God desires to rescue you from your depression? It may not be in our timing, but rest and wait on Him. HE will deliver.