

## Worksheet: Overcoming Depression

Turn to me and be gracious to me,  
for I am lonely and afflicted.  
The troubles of my heart have multiplied;  
free me from my anguish.

—Psalm 25:16–17

The enemy pursues me, he crushes me to the ground;  
he makes me dwell in darkness like those long dead.  
So my spirit grows faint within me; my heart within me is dismayed.

—Psalm. 143:3–4

I am laid low in the dust;  
preserve my life according to your word. —Psalm 119:25

A brief description of my current struggle with depression (causes and ways it is presenting itself in my life):

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Some biblical stories that can help me:

- Moses – Numbers 11
- Elijah – 1 Kings 18:16–19:18
- Jesus – Matthew 26:36–46

What can I learn from these stories? How do they encourage me? \_\_\_\_\_

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What are some promises of God that will help me? \_\_\_\_\_

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What are some ways I need to change, and set, my mind? \_\_\_\_\_

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