March 25, 2026 – God's Promises for Your Every Need

Theme – <u>What To Do When You Feel Depressed</u>

<u>Depressed</u> – *To sink; to lower; to deject; to make sad; as, to depress the spirits or the mind.*

My tears have been my food day and night,
While they continually say to me,
"Where is your God?" **Psalm 42:3**

1. Can a Christian go into a period (s) of depression? Share.
   See Psalm 42:3.

2. Charles Haddon Spurgeon, known as the *Prince of Preachers,* lived with debilitating depression. Discuss.

3. Read today's verses on **What To Do When You Feel Depressed** on pages 86-89.

4. In looking at this list of scriptures, how can these verses strengthen you when you or someone you know is experiencing depression?

5. Psalm 121 provides a necessary reminder for all believers. What do you see here by the Psalm writer?