

## DEPRESSION

### Bible Quotes & Promises - *Inspirational Quotes*

The righteous cry, and the LORD hears, and delivers them out of all their troubles. The LORD is nigh unto them that are of a broken heart; and saves such as be of a contrite spirit. Many are the afflictions of the righteous: but the LORD delivers him out of them all. (Psalm 34:17-19)

He heals the broken in heart, and binds up their wounds. (Psalm 147:3)

And the ransomed of the LORD shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away. (Isaiah 35:10)

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. (Isaiah 40:31)

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord. (Romans 8:38,39)

Fear thou not; for I am with thee; be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.--Isaiah 41:10

When thou passes through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walks through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.--Isaiah 43:2

To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified. --Isaiah 61:3

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he cares for you.--I Peter 5:6, 7

#### **What the Bible says ...About Depression**

*Depression can be relieved by patiently meditating on God's Word and expecting Him to act.*

"Yet I am standing here depressed and gloomy, but I will meditate upon Your kindness to this lovely land where the Jordan River flows and where Mount Hermon and Mount Mizar stand." Psalm 42:6, TLB.

*Prayer is a key to handling depression.*

"In bitterness of soul Hannah wept much and prayed to the Lord." I Samuel 1:10, NIV.

*It is useful to count your blessings.*

"Oh, that these men would praise the Lord for His loving kindness, and for all of His wonderful deeds! For He satisfies the thirsty soul and fills the hungry soul with good." Psalm 107:8-9, TLB.

*Praise can chase away depression.*

"I will praise the Lord no matter what happens, I will constantly speak of His glories and grace. I will boast of all His kindness to me. Let all who are discouraged take heart. Let us praise the Lord together, and exalt His name." Psalm 34:1-3, TLB.

*Christian music can help dispel depression.*

"Let all the joys of the godly well up in praise to the Lord, for it is right to praise Him. Play joyous melodies of praise upon the lyre and on the harp. Compose new songs of praise to Him, accompanied skilfully on the harp; sing joyfully." Psalm 33:1-3, TLB.

*Feeling depressed and discouraged doesn't last forever.* "Weeping may go on all night, but in the morning there is joy." Psalm 30:5, TLB.

*Keeping God's law can help bring peace to one who is depressed.*

"Great peace have they who love your law, and nothing can make them stumble." Psalms 119:165, NIV.5