

and recite them daily. Recovering from the effects of depression is a process which may take some time. So take it slowly. Remember that each day brings new hope, and cling to that hope. If you keep following these steps, then your victory will come! You have God's promise! 2 Tim. 1:7

### Scripture Verses to Strengthen You

Psalm 119:105 Thy word is a lamp unto my feet, and a light unto my path.

Philippians 4:6-8 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Psalm 138:3 In the day when I cried thou answeredst me, and strengthenedst me with strength in my soul.

Romans 8:35,37 Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? Nay, in all these things we are more than conquerors through him that loved us.

2 Timothy 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Ephesians 6:12,13 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Lamentations 3:22-24 It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. The LORD is my portion, saith my soul; therefore I will hope in him.

Proverbs 3:5,6 Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

Psalm 27:1 The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid? - all verses from the KJV

At True Life Family Ministries we really care about You. We're here to help.

Don't allow the crippling effects of depression to rob you of the abundant life which Jesus Christ has promised you through His life and Word. Take these steps toward achieving Your Victory! You can do it! With God, all things truly are possible!

If we can assist you in any way, please feel free to contact us. We'd be happy to pray for you, talk with you, or to offer support and encouragement. We provide guidance to resources that can help you deal with the issues you are struggling with today. Please let us know if we can be of any help in any way.

God bless you abundantly and guide you to becoming *all* HE created *You* to be!

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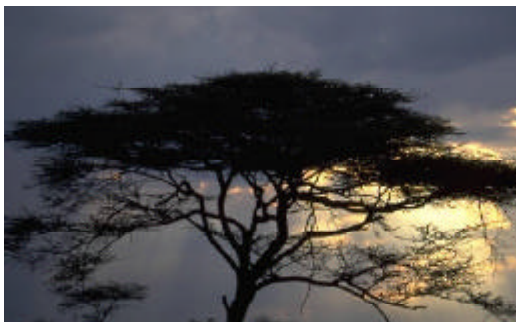
# Having Victory over Depression



...Five Steps to  
discovering the  
Freedom which  
God has promised  
You in His  
Word.

A Message of Hope and Help  
for Christian Women

## What is Depression?



*While depression casts its shadow of doubt, fear and hopelessness, we need only to step into the LIGHT to defeat it!*

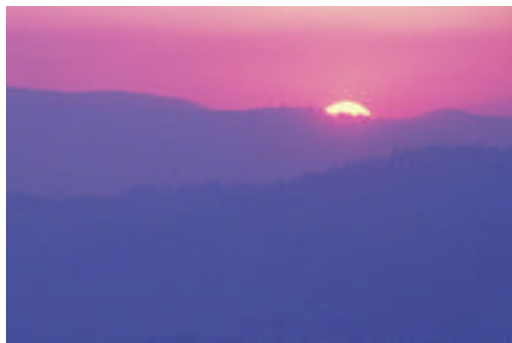
Depression could be compared to what the Bible describes as a "power of darkness". Like a black shadow, it shrouds us from everyone and everything around us. We are spiritually blind while under its effects. But there is good news! God has promised us victory over darkness. And that means victory over depression!

Depression affects many Christian women from all walks of life. Its dark cloud can cast a shadow of doubt, fear, and a grave sense of hopelessness. It can steal our joy and sabotage our lives. But, because depression is like a shadow, we need only step into the LIGHT to defeat it. While the effects of depression can be deep-rooted, you can find the strength to take your focus off the suffering within by seeking restoration and renewal from the Holy Spirit. With the help of God's Holy Spirit and the power of His Word, you can discover new hope, renewed strength, and the ability to claim your victory!

In order to accomplish this, it takes first making a decision to let go of those things which may be tormenting you. Let go of the anger. Let go of the hurt. Ask the Lord to take them from you, and mean it! You must be willing to let go! When depression has its crippling grip upon our lives, we may find it difficult to pray. Reading God's Word may seem pointless and of little help. This is because depression can be a powerful tool of the enemy, designed to destroy the

joyful testimony which we have in Jesus Christ. But, Dear One, don't lose hope. God has promised us VICTORY in our LORD and Savior, Jesus Christ! His power can save us from the devastating grip of depression and fear! If you are willing to take these steps, God will help you to achieve Your Victory!

## Five Steps to Your Victory...



First, remember the pathway to victory is a *series of small steps*, not a one step cure-all. Some forms of depression require medication. So, if you are taking medication under the supervision of a physician, please continue doing so until you, the Lord and your physician come to an agreement that you are ready to try living without medication. Remember, overcoming the effects of depression will usually *not* occur over night. But God will be there with you every step of the way, as you learn to take it minute by minute, hour by hour, day by day...walking toward your restoration!

**1. Hide God's Word in Your Heart...**write it upon the table of your heart, so that you can use it to defeat those thoughts and feelings which the enemy uses to keep you in bondage. Remember that Jesus used scripture to resist Satan's temptation, and so can YOU! In the beginning, use one or two scriptures a day and say them many times, especially when one of those negative thoughts or hurtful feelings of defeat enter your mind. In doing this, you will soon discover the healing power of God's Word in your life and you will move closer and closer to your victory!

**2. Take It ONE Step at a Time.** If depression has you feeling as though you are trapped in a rut with no way out, don't believe it! There is a way out! And you will discover it by taking small steps to help put your life back on track. Remember, don't attempt to set unrealistic goals for yourself. This will only make you more discouraged. Make a list of the everyday activities that you feel a need to gain control of. Keep your list small at first so you don't become overwhelmed. Start with a few tasks that you would most like to accomplish. Then make it a goal to do *at least one* of them *every day!* Above all, be sure to *finish* a task once you have started it. In time, you will find that you are able to accomplish more and more!

**3. Talk to the Lord,** just like you would a friend, leaning on Him throughout the day. Call upon Him for His help when you are tempted to quit. You may find it helpful to seek a Christian counselor, minister, or a friend you can trust to share your thoughts with. But remember to talk to the Lord, as well, during these times of trial and when you are feeling weak. Open your heart to Him. He loves you and understands you. He wants to help you succeed! Your Heavenly Father will guide you, giving you strength and comfort along your pathway to healing.

**4. Reach Out to Others** who may be hurting more than you. Helping others will bring new peace and fulfillment into your life and will help take the focus off your own problems and feelings of hopelessness. By reaching out to others, we, in turn, are renewed and strengthened ourselves.

**5. Give God Thanks and Commend Yourself** for each small step and each new accomplishment, no matter how small and insignificant it may seem. This will bring you more strength and peace, help you begin to feel better about yourself, and open the door to discovering *who* God created you to be. This is a *very* important step which can be easily overlooked. So don't forget this one!

On the back of this pamphlet are some helpful scripture verses. There are many others in God's Word, but these are just a few to get you started. Read, memorize,