



DEPRESSION Resources

KEY SCRIPTURES

Isaiah 41:10

John 10:10

Matthew
11:28-29

Psalms 23

Jeremiah 29:11

1 Peter 5:7

Matthew 6:33

Isaiah 53:5

2 Chronicles 7:14

2 Corinthians 10:5

1 Corinthians
10:13

1 Peter 5:6

Romans 12:2

Psalms 30:11

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Christians Get Depressed Too

David Murphy

Many mistakenly believe that true Christians don't get depressed, and this heaps additional pain and guilt onto Christians who are suffering. Murray comes to the defense of depressed Christians! He explains why and how Christians should study depression, what it is, and the approaches we can take to help those who are suffering.

Depression: Looking up from the Stubborn Darkness

Edward T Welch

Where Is God in the struggle? Looking away from despair towards hope can feel risky. What if God doesn't come through? What if you don't feel instantly better? Instead of offering platitudes or unrealistic "cure-alls", Welch addresses the complex nature of depression with compassion and insight, applying the rich treasures of the gospel, and giving fresh hope.

Coping with Depression

Siang-Yang Tan & John Ortberg

19 Million Americans suffer from depression each year, and being a Christian does not exempt you. Understanding the ABCs of emotional life-Affect, Behavior, and Cognition-can shed light. The authors look carefully at the ABCs, showing how your thoughts affect the way you feel and describing how each dimension is linked with depression. They balance the spiritual dimension with recent scientific research and offer highly practical strategies for coping.

My Name is Hope

John Mark Comer

My Name is Hope is the story of one follower of Jesus who went through the horrors of anxiety and depression and came out the other side. It is his ruthlessly authentic and scripturally authoritative account of prophets and poets, mothers and fathers, and even a Messiah who all came up against anxiety and depression.

