

DEPRESSION



Lamentations 3:22-24 The faithful love of the Lord never ends! His mercies never cease. ²³ Great is his faithfulness; his mercies begin afresh each morning. ²⁴ I say to myself, "The Lord is my inheritance; therefore, I will hope in him!"

CALVARY CHAPEL NUEVO
Daily Devotion Journal

DEPRESSION

CALVARY CHAPEL NUEVO

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CALVARYNUEVO.ORG OR WORDBYMAIL.COM
OR CONTACT US BY PHONE OR EMAIL ABOVE

The Road Map

Depression has the ability to suck the life out of life. For some it last a moment. For others it goes on with no end in sight. The reasons depression come upon us are varied. Sometimes we blame God, others, and even ourselves. Sometimes our depression comes with our movement away from God. Sometimes it just comes from the circumstances of life. Whatever the case may be, it's there and it's real.

You are not alone. Many cope with depression in their lives; albeit not in the best of ways. Even the heroes of the Bible had severe bouts with depression. The point is that it can intrude any of our lives at any time.

There is hope! In the next 31 days you will discover how God desires you to cope with depression. It can be overcome.

The journey is three-fold:

First, you will work through passage where the biblical authors voice their frustration with God in light of their depression, as well as, where they found themselves at the end of their pleadings.

Second, you will see God response to your depression. He is near.

Third you will concentrate on what you can do to overcome depression...biblically.

Due to the subject matter you will not want to start this journey to recovery let alone finish it. That is the nature of depression. I urge you to finish. Have a trusted friend hold you accountable every day if need be. I promise you that God has an abundant life for you, with Him at the center.

God Bless you!

Daily Devotion Journal

There may be nothing more powerful in our Christian life than spending quiet devotional time with God on a regular basis. This is where God's Word comes alive to us, where we hear Him speak to us, and where we find ourselves in a place to respond to Him.

The Daily Devotion Journal is designed to help you do just that. Pick a meaningful scripture, give yourself 20-30 minutes, and purposefully meet God in His Word and Prayer. Follow each step. Don't rush through it. Really commit to meet God during this time.

First, Pray. Slow down and make your heart ready to hear from God.

Then, **MEDITATE** on the scripture. Read it slowly, carefully, repeatedly, asking God to speak to you through His Word. If necessary, check the surrounding verses to help you understand the key scripture. You can also begin to pray this scripture while you're meditating on it. Start making this scripture a prayer for your life.

Next, write out the scripture in your own words. While you're writing, let the words sink in.

Now you're ready to **APPLY** this scripture to your life. Be personal and specific. Write down what area of your life The Holy Spirit is addressing through this scripture. How does this scripture specifically apply to your life? Be honest. Be real with God.

Next, decide what you going to do, today, in **RESPONSE** to this scripture? Maybe it's a physical action, maybe it's taking your thoughts captive, maybe it's choosing to respond in your heart according to God's Word. How are you going to respond to this scripture, today?

Finally, write out a prayer to God in response to this time with Him. Ask for the power of The Holy Spirit to make this scripture real in your life. Make your commitment to God, and thank Him for speaking to you through His Word.

Now, the final question is; How do you choose the scripture to use with the journal?

The best way is to come back to the Discipleship Resource Table on any Sunday and the people there will be glad to help you find appropriate scripture. You can also email me at shep@calvarynuevo.org and tell me what topic you're looking for scripture on, and we will send you scripture to use with your Daily Devotion Journal. You can also ask someone you consider a spiritual mentor to help you find appropriate scriptures.

You can download this journal page at calvarynuevo.org. Or you can ask us for journal books that come with 30 journal pages. We have journal books with no scripture, for you to put your own scripture in, and we also have 'topical' journal books, that come with 30 pre-printed scriptures for you to spend 30 days on one specific subject with God.

Our 'topical' journal books have been a tremendous blessing to everyone who has used them. Please consider trying one in your quiet time with the Lord.

I promise you, God will meet you during this time. And if you will surrender all of your life to Him, and allow His Word to renew your mind, He will transform you.

Rom 12:1-2,

Pastor Dave

God: The question and answer to depression

Daily Devotion Journal

SCRIPTURE :

Psalm 13:1-3, 5-6

Date _____

PRAY - Slow Down. Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

MEDITATE on the scripture. Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

Write out the key scripture in your own words. Continue to make this scripture your prayer.

APPLY - How does this scripture apply to YOUR LIFE today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.

RESPOND - What specific actions will you take today in response to this scripture?

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Daily Devotion Journal

SCRIPTURE :

Psalm 109:21-22, 30-31

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Daily Devotion Journal

SCRIPTURE :

Psalm 69:1-3, 16-17

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Psalm 69:29-30

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SCRIPTURE :

Psalm 70:5

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Psalm 38:9-11, 15

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Daily Devotion Journal

SCRIPTURE :

Psalm 102:7-9, 12

Date _____

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Psalm 25:16-18

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Daily Devotion Journal

SCRIPTURE :

Psalm 142:1-4, 7

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Daily Devotion Journal

SCRIPTURE : Lamentations 3:16-18, 22-24 Date _____

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Daily Devotion Journal

SCRIPTURE :

Lamentations 3:31-33

Date _____

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Daily Devotion Journal

SCRIPTURE :

Lamentations 3:55-57

Date _____

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God is Near

Daily Devotion Journal

SCRIPTURE : **Matthew 26:38; 27:46(Jesus' Example)** Date _____

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Daily Devotion Journal

SCRIPTURE : **2 Timothy 4:16-18 (Paul's Example)** Date _____

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Daily Devotion Journal

SCRIPTURE :

Psalm 18:28

Date _____

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Daily Devotion Journal

SCRIPTURE :

Isaiah 43:1-2

Date _____

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Daily Devotion Journal

SCRIPTURE :

Psalm 30:5

Date _____

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Daily Devotion Journal

SCRIPTURE :

Hebrews 13:5

Date _____

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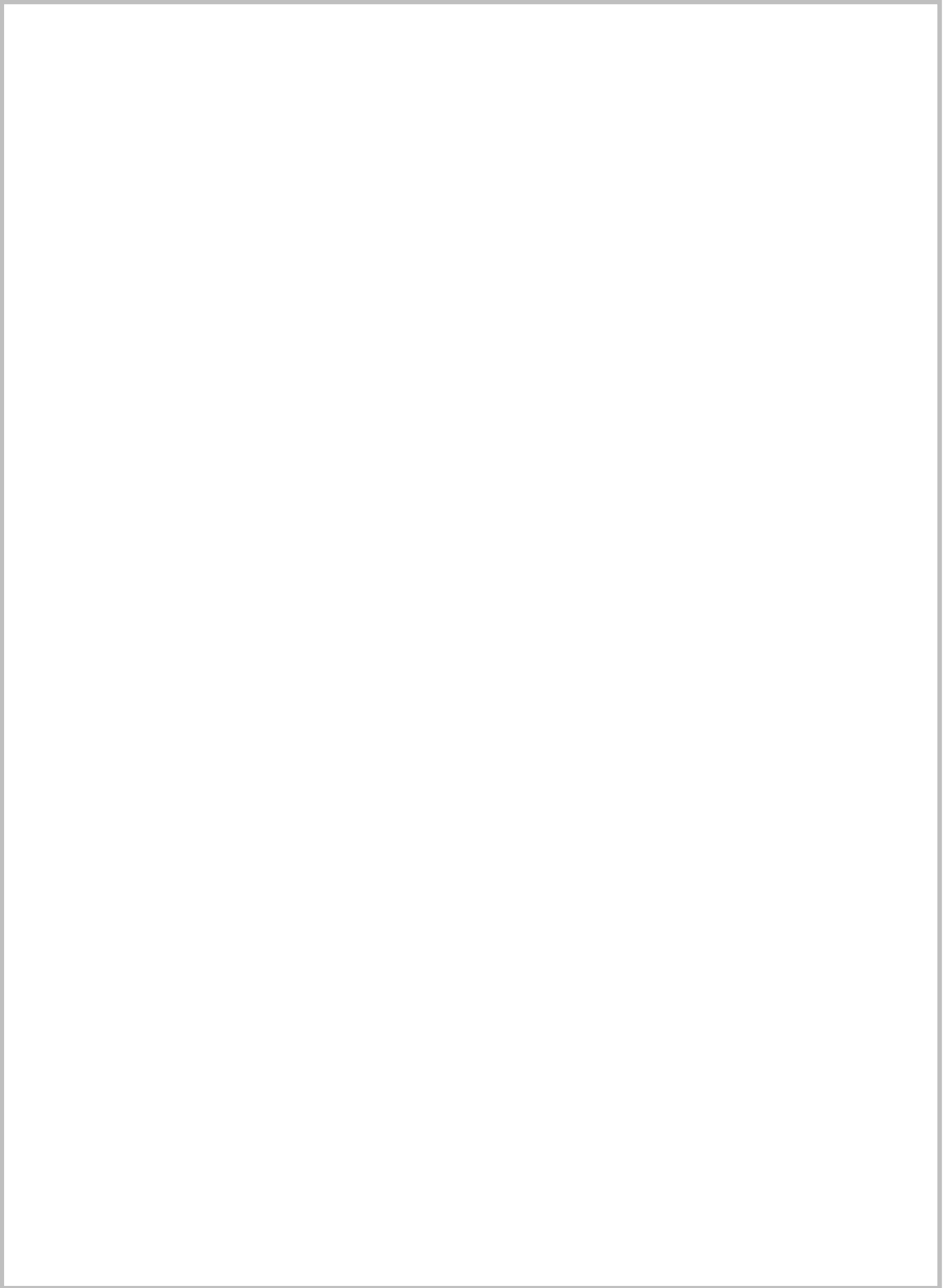
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Daily Devotion Journal

SCRIPTURE :

Psalm 56:8

Date _____

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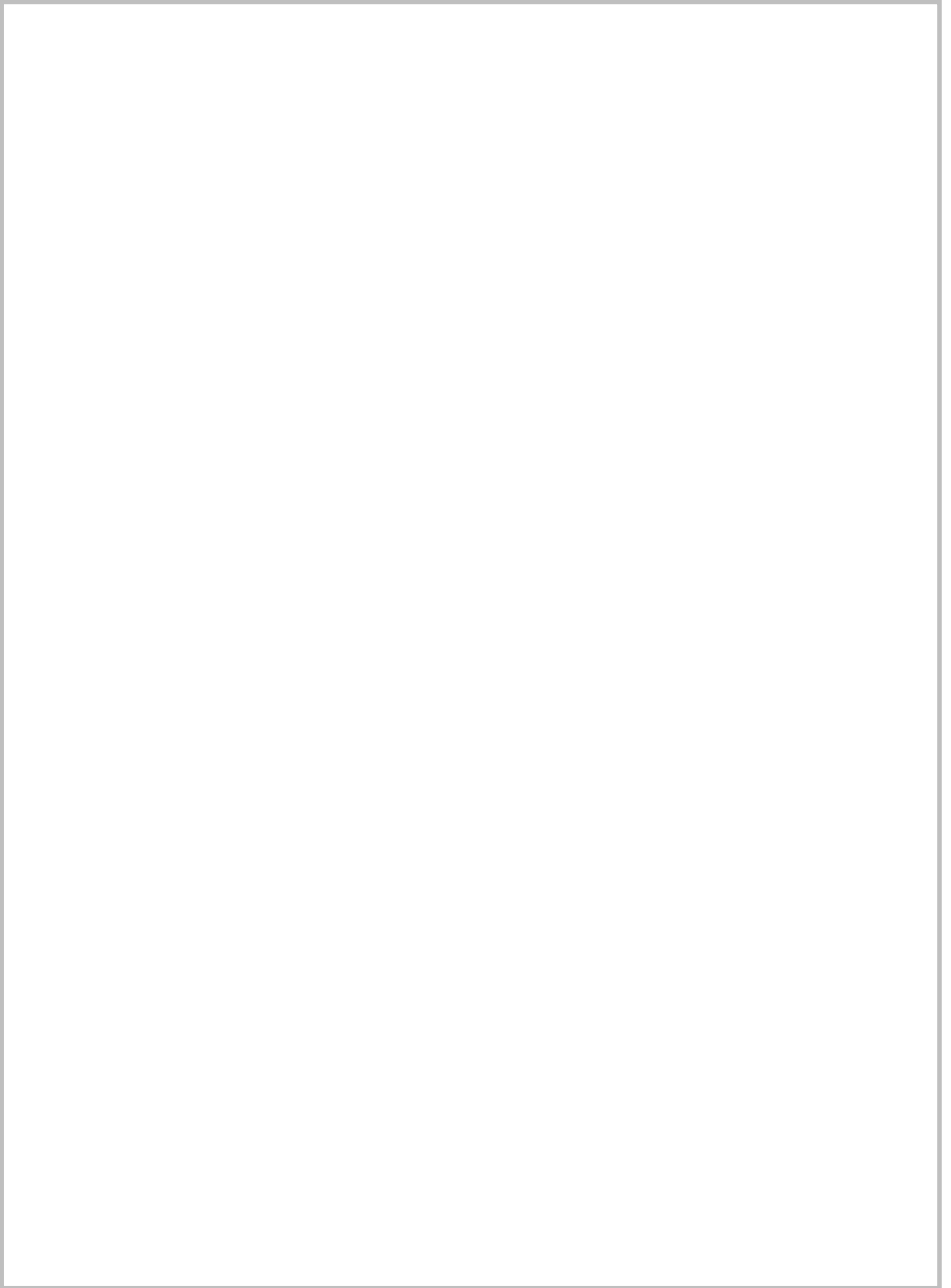
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Isaiah 57:15

Date _____

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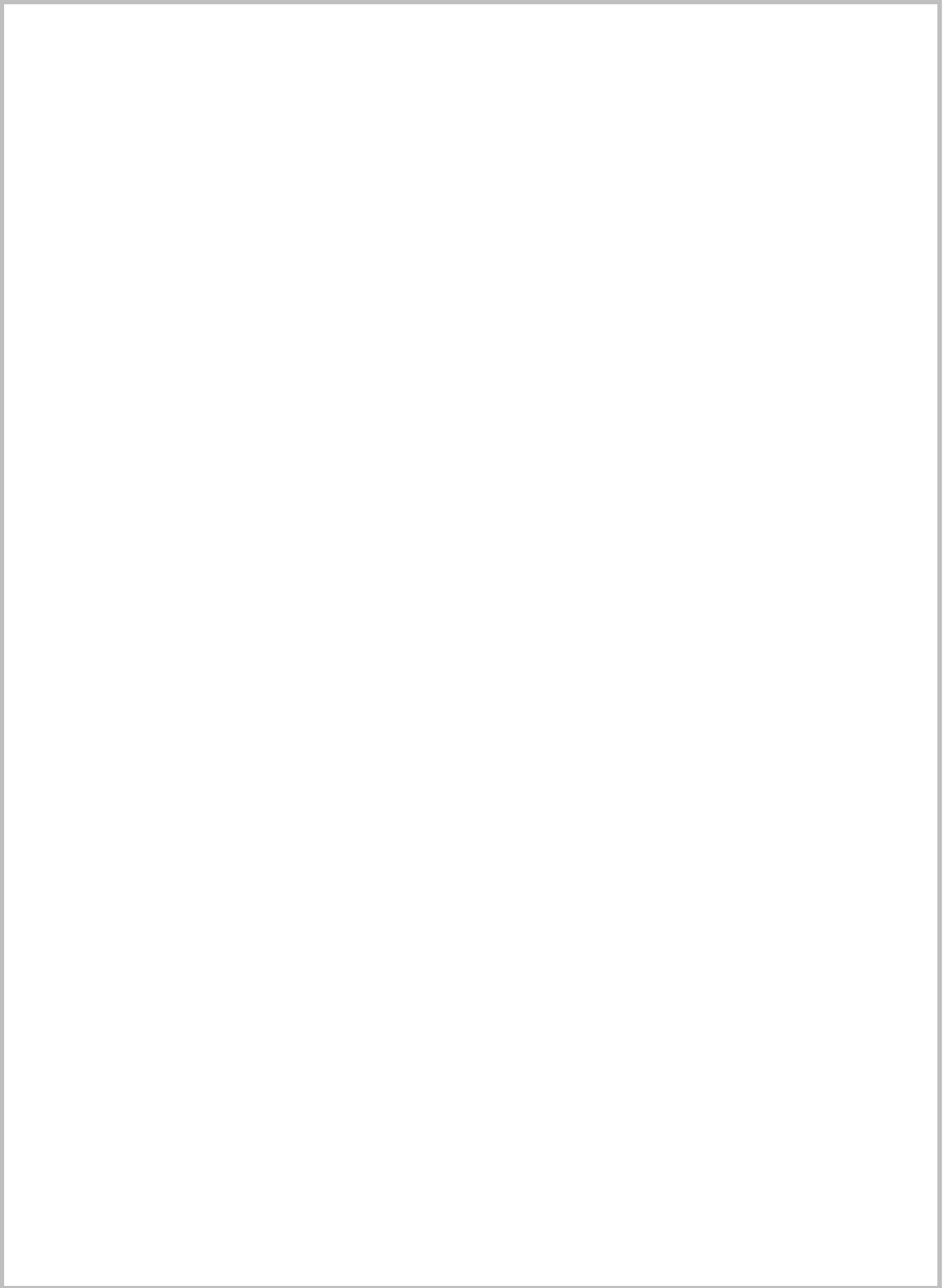
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Daily Devotion Journal

SCRIPTURE :

Job 23:10

Date _____

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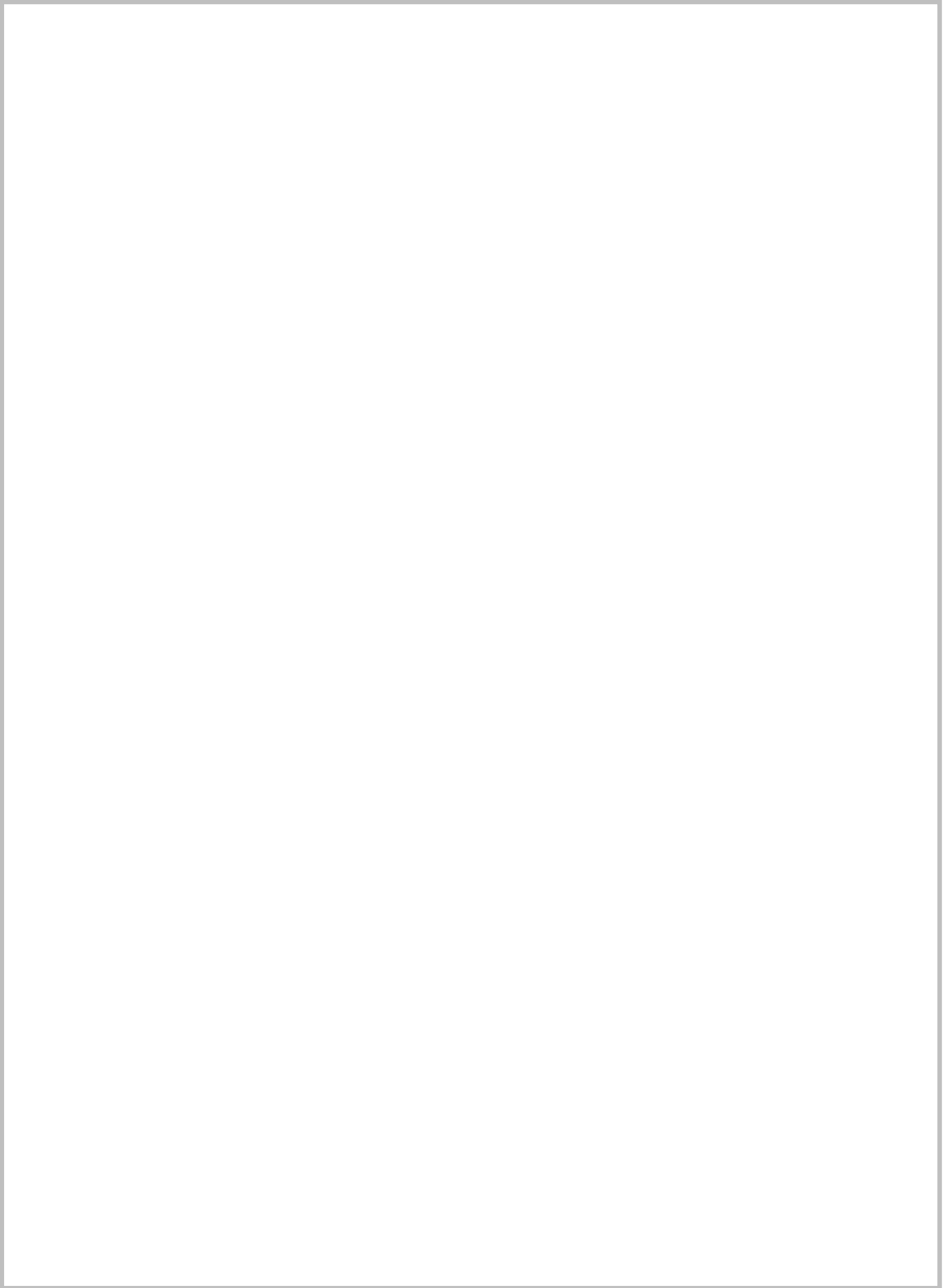
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Daily Devotion Journal

SCRIPTURE :

Psalm 34:18

Date _____

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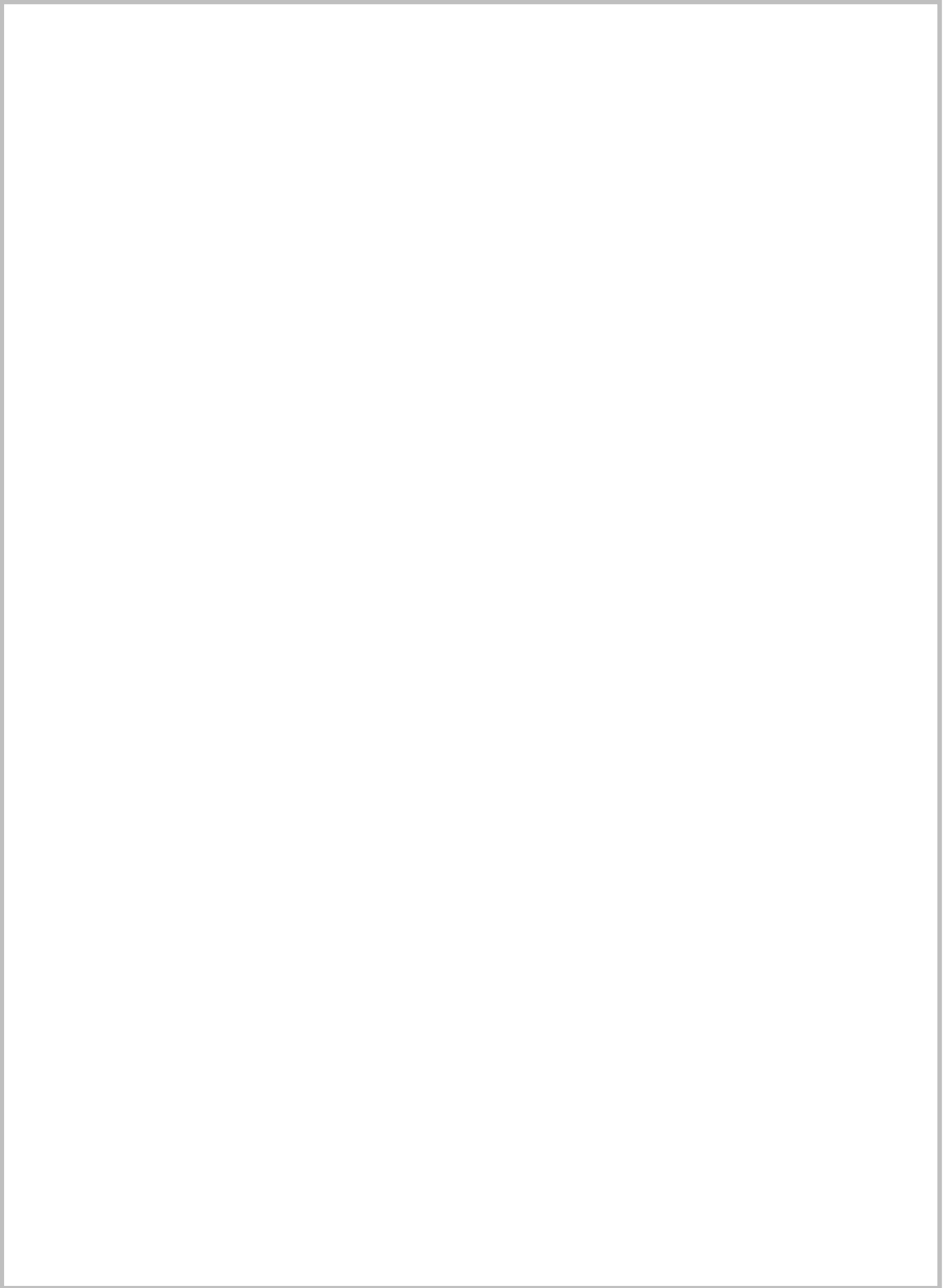
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Daily Devotion Journal

SCRIPTURE :

Psalm 147:3

Date _____

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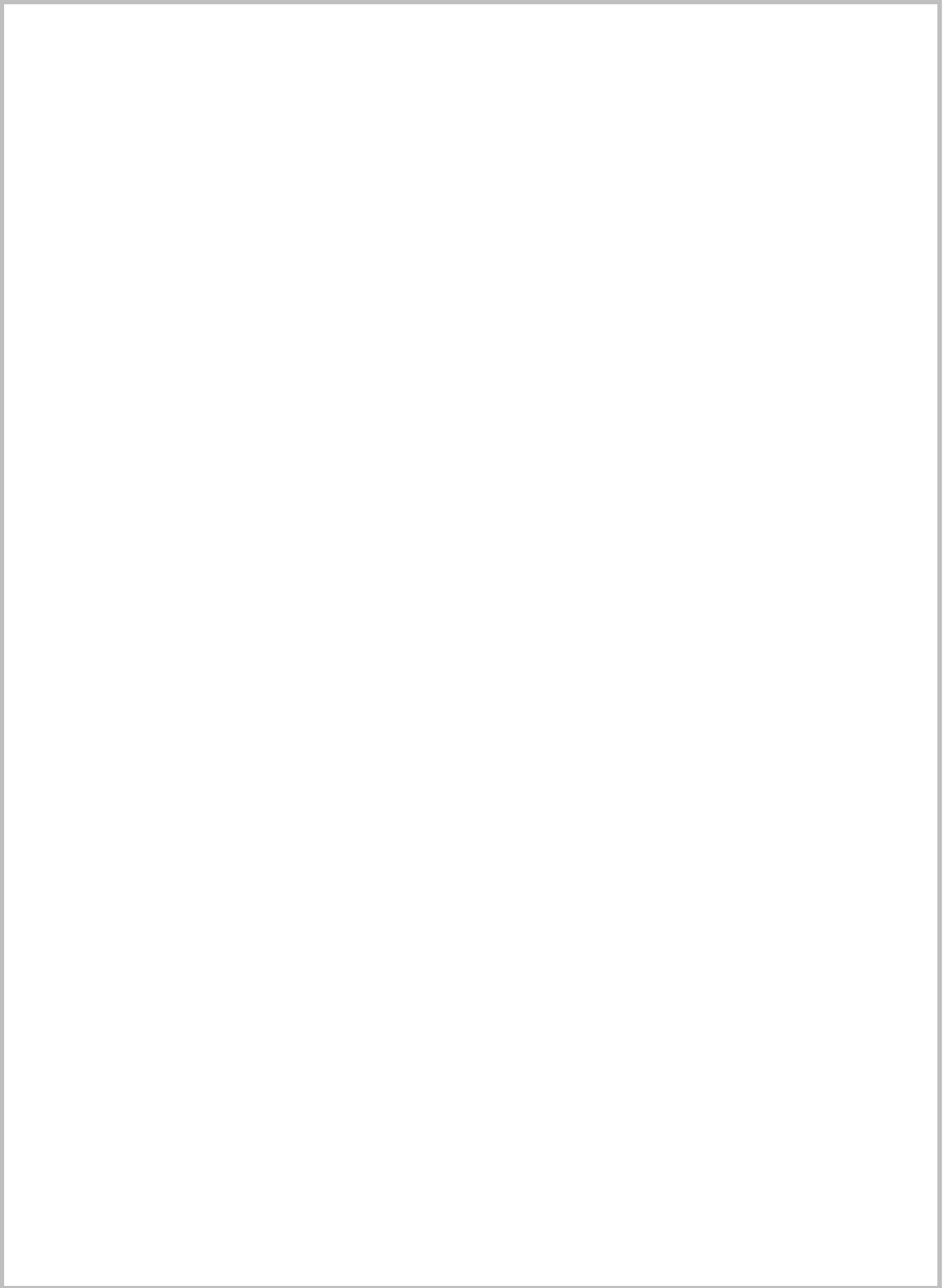
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Overcoming Depression



Daily Devotion Journal

SCRIPTURE :

Psalm 43:5

Date _____

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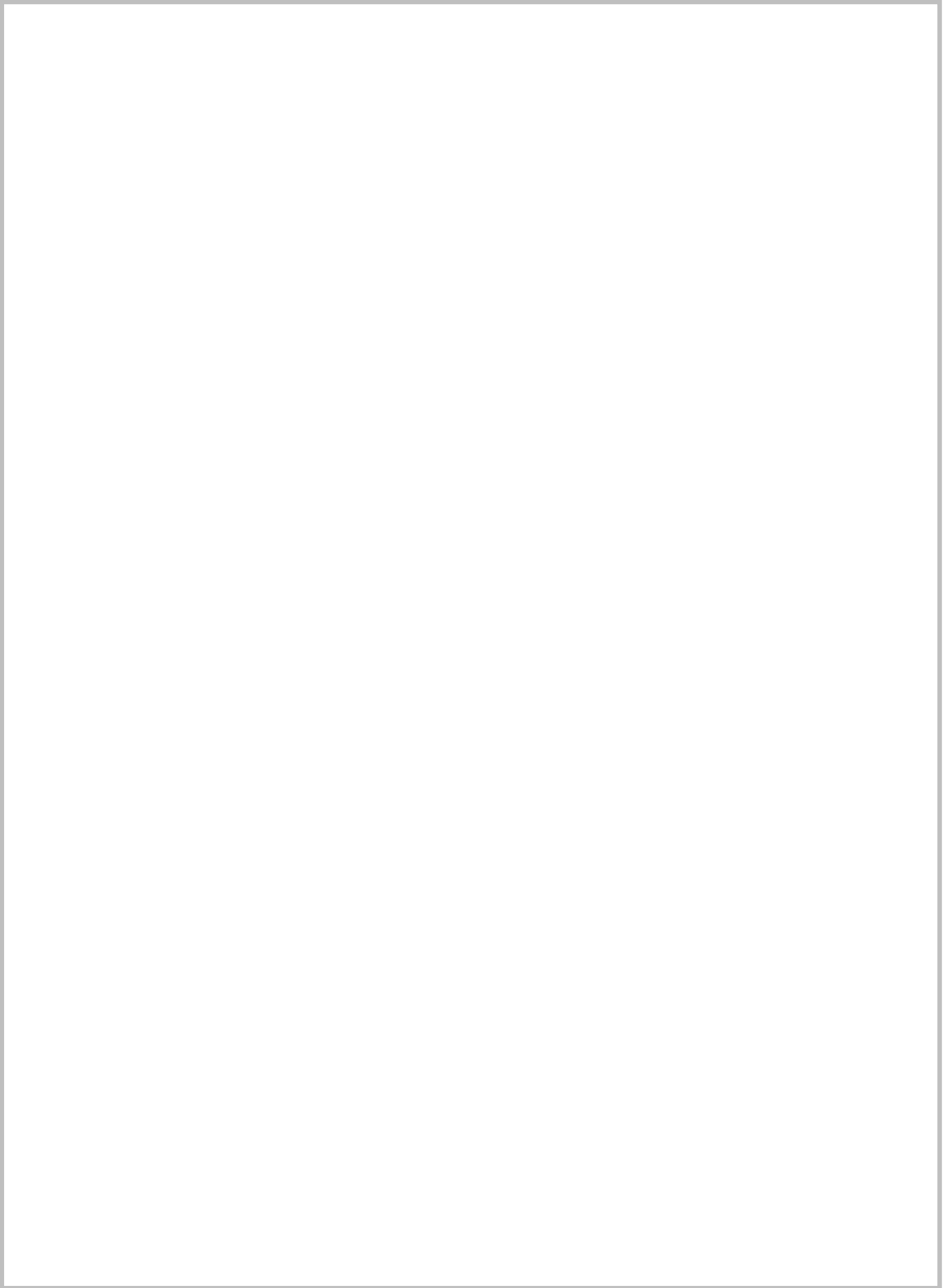
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Daily Devotion Journal

SCRIPTURE :

Psalm 46:1

Date _____

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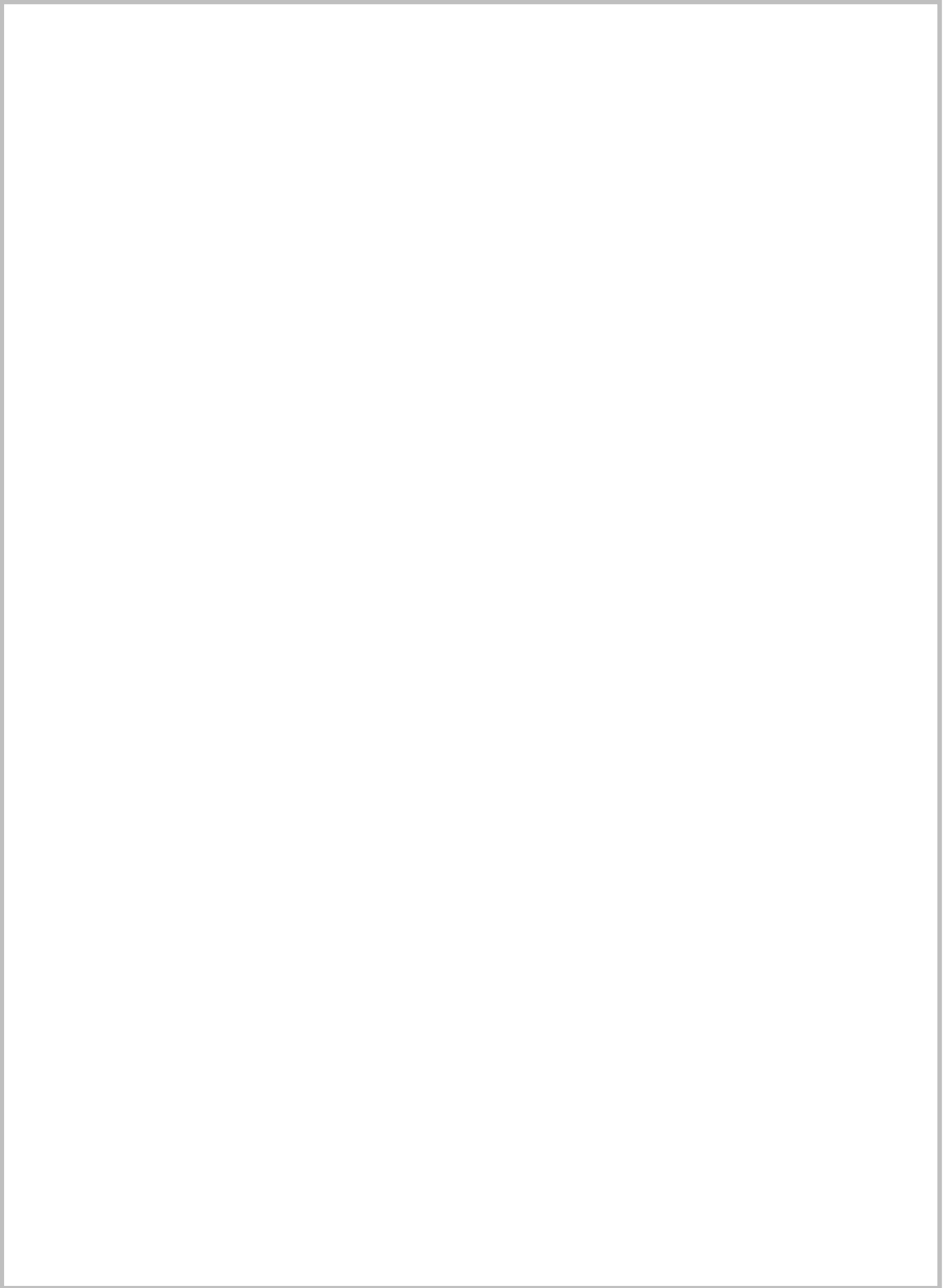
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Daily Devotion Journal

SCRIPTURE :

Psalm 16.8

Date _____

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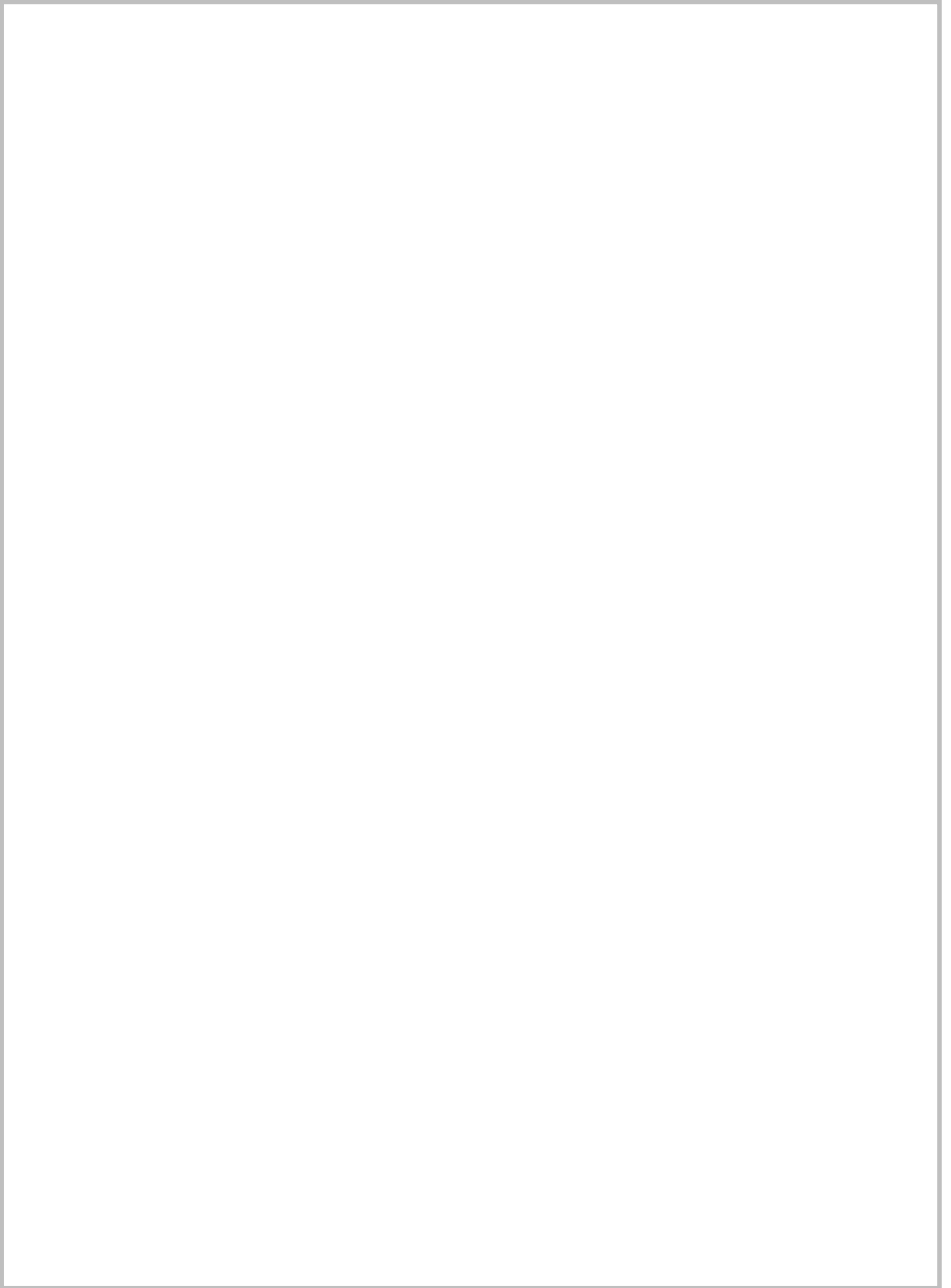
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Daily Devotion Journal

SCRIPTURE :

2 Corinthians 1:3-4

Date _____

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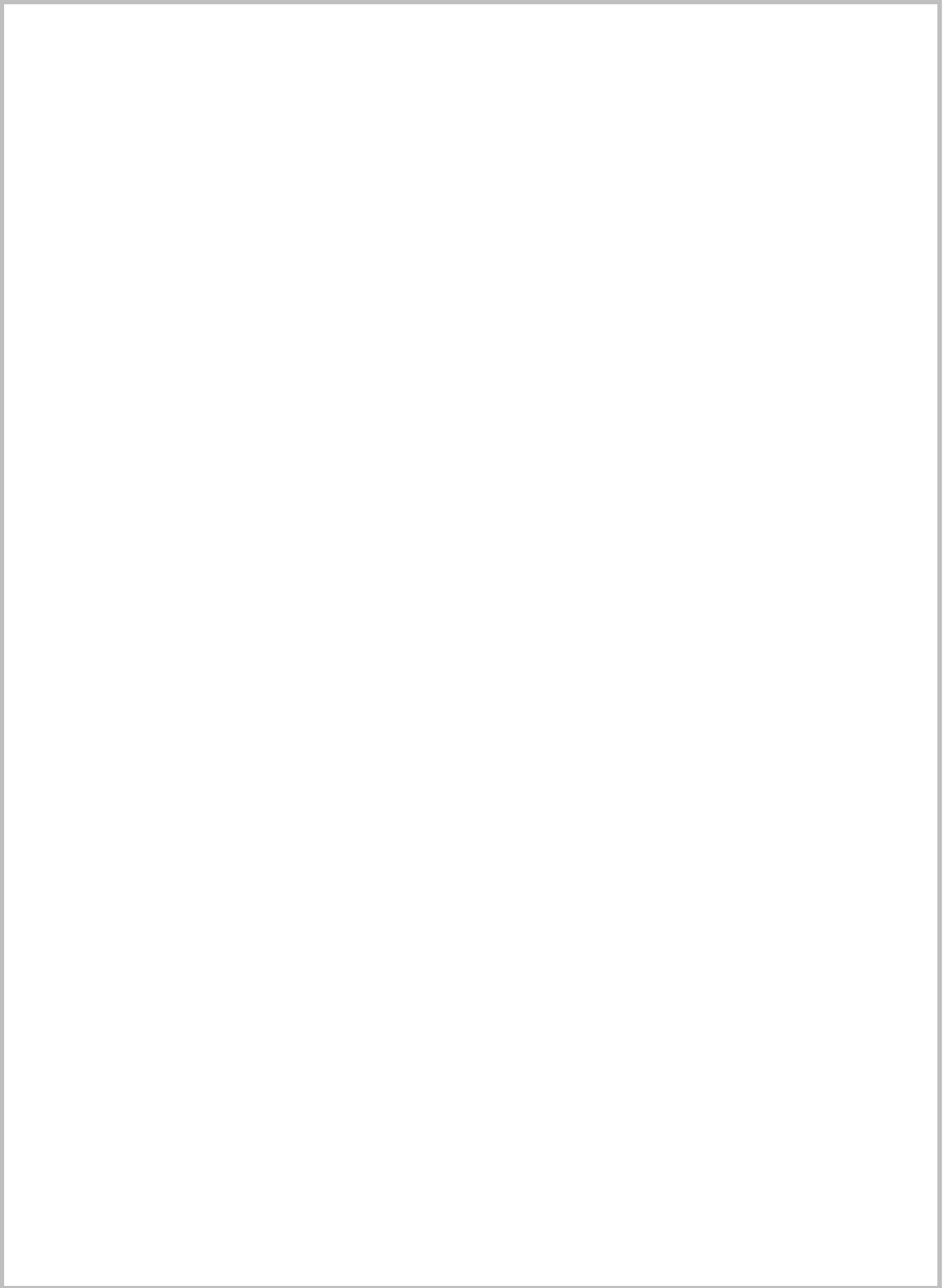
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2 Corinthians 4:16

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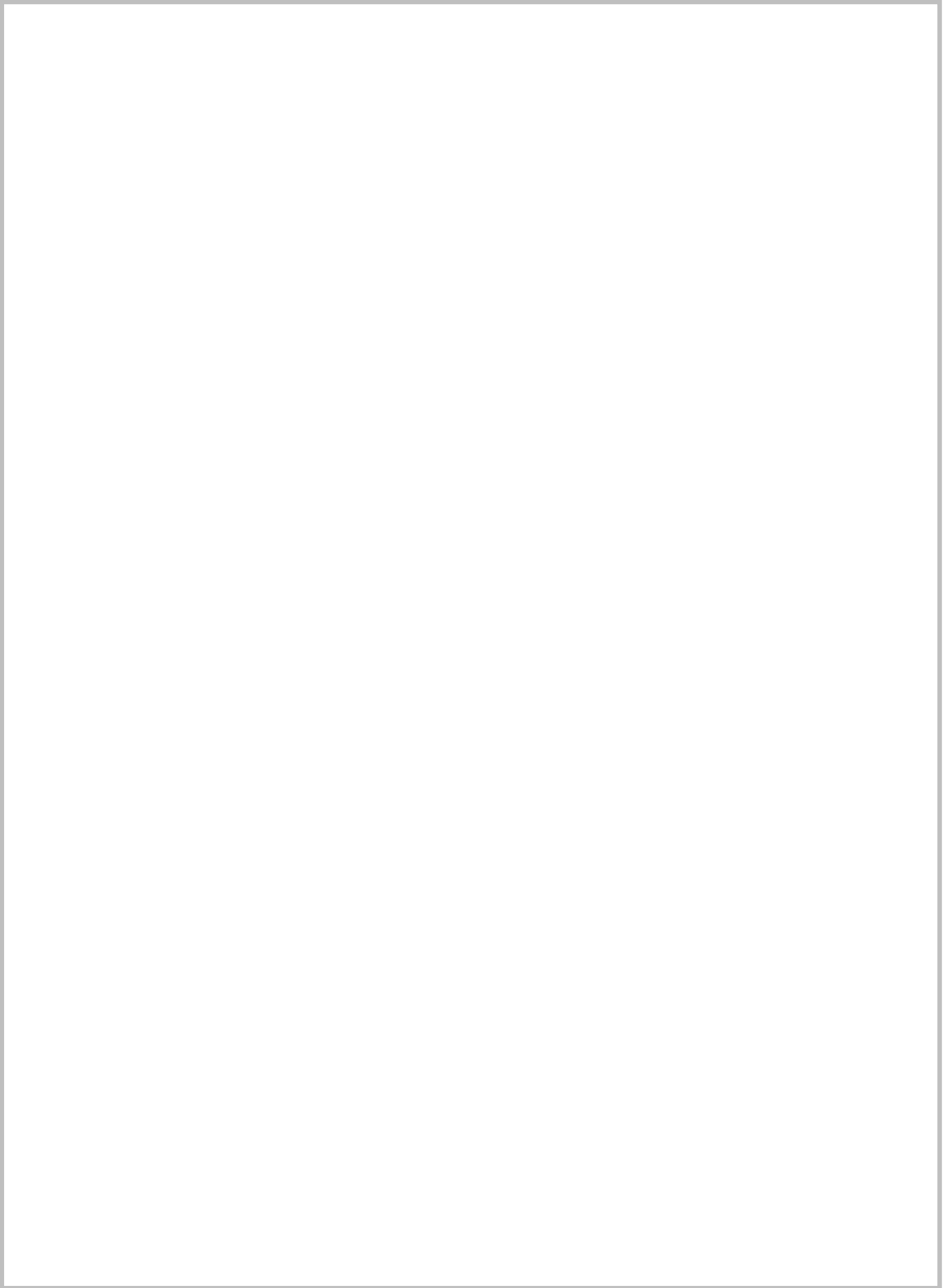
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Daily Devotion Journal

SCRIPTURE :

Hebrews 12:2

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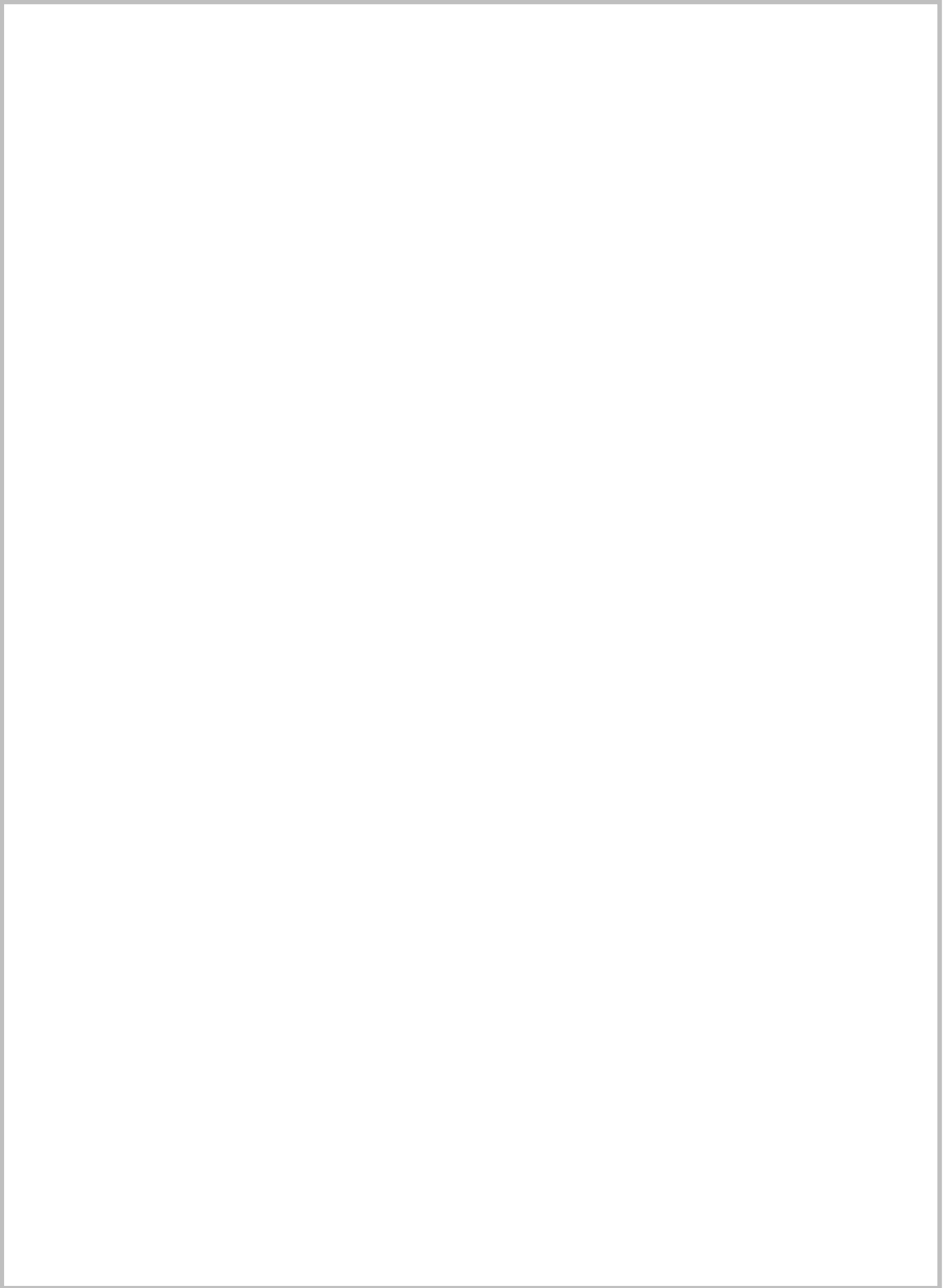
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Daily Devotion Journal

SCRIPTURE :

Psalm 73:25-26

Date _____

PRAY - **Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

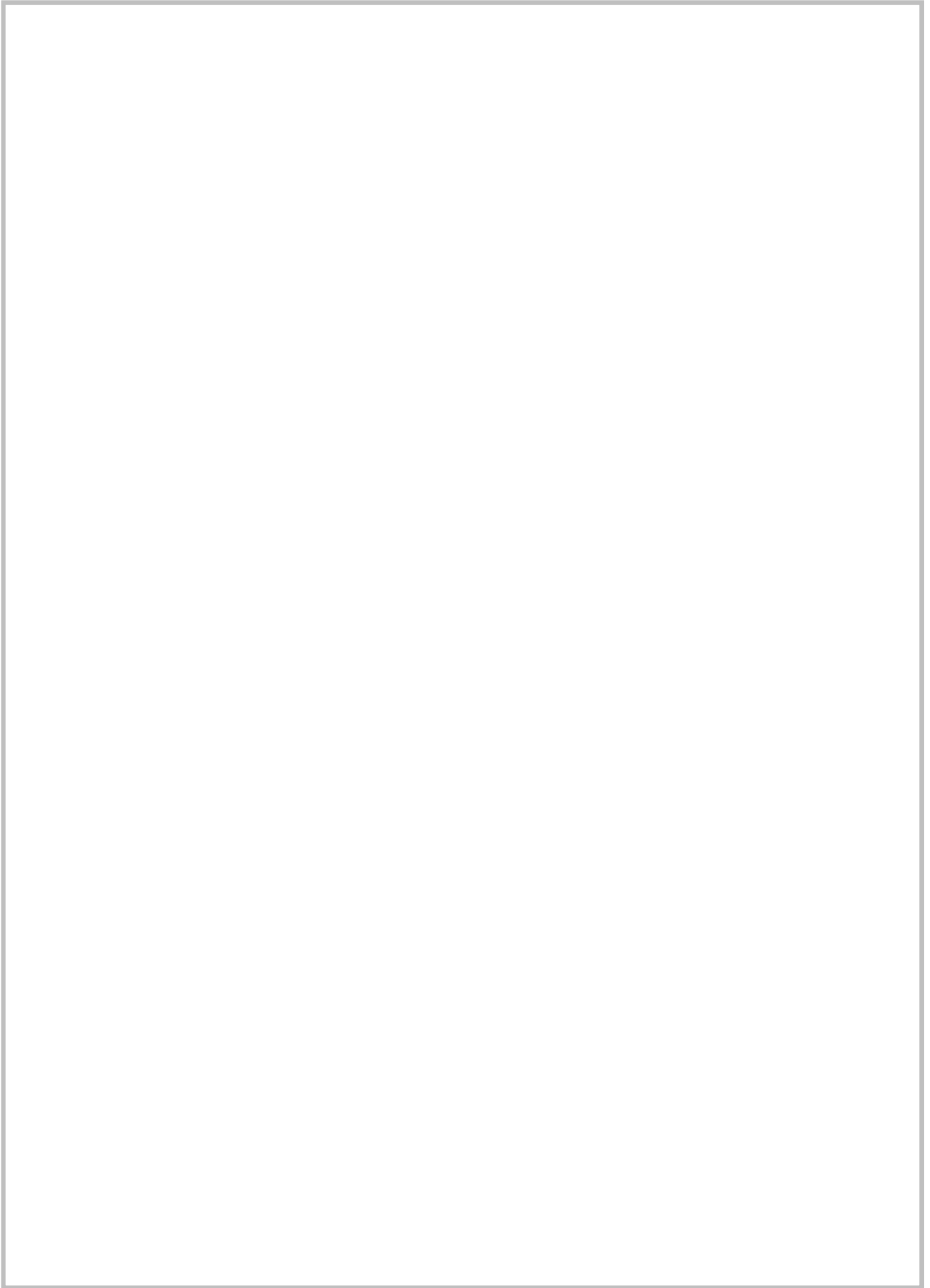
MEDITATE on the **scripture.** Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

Write out the key scripture in your own words. Continue to make this scripture your prayer.

APPLY - **How does this scripture apply to YOUR LIFE today?** Be specific and personal. What is God speaking to you, about your life, through this scripture today.

RESPOND - What specific actions will you take today in response to this scripture?

PRAY - Write your prayer to God in response to this scripture.



Daily Devotion Journal

SCRIPTURE :

John 14:1,27

Date _____

PRAY - **Slow Down.** Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

MEDITATE on the **scripture.** Read it slowly, carefully, repeatedly. Check surrounding verses to help you understand the key scripture if necessary. Begin to turn this scripture into a prayer for your life.

Write out the key scripture in your own words. Continue to make this scripture your prayer.

APPLY - **How does this scripture apply to YOUR LIFE today?** Be specific and personal. What is God speaking to you, about your life, through this scripture today.

RESPOND - What specific **actions** will you take today in response to this scripture?

PRAY - Write your prayer to God in response to this scripture.

Did you see that God desires to rescue you from your depression? It may not be in our timing, but rest and wait on Him. HE will deliver.

Take time to write out a simple commitment to wait on and seek God in your dark journey:
