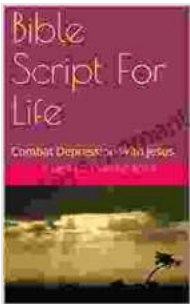


Bible Script For Life Combat Depression With Jesus

Depression is a serious mental illness that can affect people of all ages and backgrounds. It can cause feelings of sadness, hopelessness, and worthlessness. Depression can also lead to physical symptoms, such as fatigue, weight loss, and sleep problems.



Bible Script For Life: Combat Depression With Jesus

by Hillary Hawkins

★★★★★ 5 out of 5

Language : English
File size : 1310 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 8 pages
Lending : Enabled



If you are struggling with depression, it is important to seek professional help. However, there are also many things that you can do on your own to combat depression, including reading the Bible.

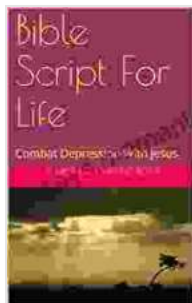
The Bible is full of scriptures that can help you combat depression. These verses offer hope, comfort, and guidance. Here are a few of the most helpful scriptures:

- "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." - Philippians 4:6
- "The Lord is close to the brokenhearted and saves those who are crushed in spirit." - Psalm 34:18
- "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11
- "Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 11:28
- "For God gave us a spirit not of fear but of power and love and self-control." - 2 Timothy 1:7

In addition to reading the Bible, there are other things that you can do to combat depression, such as:

- Getting regular exercise
- Eating a healthy diet
- Getting enough sleep
- Spending time with loved ones
- Volunteering your time to help others
- Learning relaxation techniques, such as yoga or meditation
- Seeking professional help

If you are struggling with depression, remember that you are not alone. There are many people who care about you and want to help you get better. With the help of God and the support of others, you can overcome depression and live a full and happy life.



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