

Sound Mind

Week 5: Hope for Depression

Lean In

What is the worst home/DIY project you have ever tried to tackle?

Look Down

Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him." The Lord is good to those whose hope is in him, to the one who seeks him.."

Lamentations 3:21-25 (NIV)

- According to the scripture above, what gave Jeremiah hope?

Look Out

- Where do you see hopelessness around you the most?
- What is the most unlikely place you see hope present?

Look In

- Which of the 4 Root Causes of Depression affects you the most?
(Biological :: Relational :: Circumstances :: Spiritual)
- What part of Lamentations 3 brings you the most hope?

"Your loved one is a person to be loved, not a project to be fixed."

- Who in your life have you treated like a project?

**Don't forget about
our resource
page with tons of
resources and helps.**

