

Common Elements of Depression

Psalm 77

- (1) Depression is often typified by feelings that o _____ the spirit (vs. 1-3).
- (2) Depression is often accompanied by a r _____ to be comforted (v. 2).
- (3) Depression often robs one of s _____, or provokes more sleep (vs. 2-4).
- (4) Depression often compels its victims to w _____ from conversations (v. 4).
- (5) Depression is often intensified by u _____ i _____ (v. 6).
- (6) Depression almost always r _____ old memories (vs. 5-7).
- (7) Depression is often worsened by l _____ God out of the mix (vs. 7-9).

Some Spiritual Therapies for Depression

- (1) A _____ you are depressed and seek help (vs. 1-9).
- (2) Choose to r _____ your thoughts toward a loving God (vs. 10-12).
- (3) M _____ God to give perspective on your dilemma (vs. 13-20).
- (4) E _____ yourself in the Lord (vs. 10-20).