We know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28
"Busy" or "Tired" are the words you use most often to describe how you are doing.
"The news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed." Luke 5:15-16
Your value does not come from what you produce, but from who you belonged to.
2. You are always in a hurry.
3. You feel stressed when you look at your schedule.
4. You keep saying, "It is just a season."
5. You are showing less compassion to others.
6. You can't remember the last time you had fun.
The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. John 10:10
7. You are loosing hope.
Suicide is a permanent solution to a temporary problem.

God might not deliver us from our circumstances, but He promises He will always deliver us through our circumstances.

The moment Jesus was used most powerfully by God was the moment he felt the furthest from God.

The most important prayer that Jesus ever prayed was the one that was answered "NO!" by God.

Jesus made the presence of God the most available for you and me when he felt it the least himself.

Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. James 5:14.

Depression is the 2^{nd} most common cause of disability worldwide.

1 in 4 people in the United States will be affected by depression at some point in their life.

And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. James 5:15

One of the GREATEST gifts God can give us is to show us our sinfulness in light of His Holiness.

Not dealing with the past won't bring freedom from depression. It will fuel your depression.

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:16.

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. 1 John 4:4.

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. Isaiah 61:1-3