

# Depression (Part one)

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9/1/19

➔ ***Depression is a debilitating ominous cloud that promises no hope for the future and a sad perspective of the present . . . Dr. Dave Lorell***

## II. *What are Two causes of depression?*

1) \_\_\_\_\_ .

2) \_\_\_\_\_ .

## II. *What are some Signs of Depression?*

1) Hopelessness

2) Fear of the Future

3) \_\_\_\_\_

4) Pessimism

5) Irritability

6) Inability to Concentrate

7) \_\_\_\_\_

8) Fear of Change

9) Lack of Confidence

10) Constant Headaches

11) Withdrawal \_\_\_\_\_

## III. *Scriptures to consider . . .*

**1 Kings 19:1-4**

**1 Kings 18:20-24**

**Mark 9:23-24**

**Psalm 103:19**

**Psalm 115:3**

**Eccles. 9:1**

**Lament. 3:37-38**

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