

(85) Getting Perspective

Points of Reflection

Video #85: [View/download the video lesson](#)

- ☐ Write down at least six 'd' words that are associated with depression.

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- ☐ What does Jesus say about depression?

- Why isn't the church more vocal about these matters?

- ☐ Have you ever faced depression?

- When was the last time? Do exercises #1 and #2 to help you.

☐ Why is it so important that we come to understand the root problems of depression?

☐ Memorize Psalm 125:1. Ask the Lord to strengthen your trust in Him.

- What area is it hardest for you?

☐ **Date Lesson #85 completed** _____