

(86) Emotions and Feelings

Points of Reflection

Video #86: [View/download the video lesson](#)

- ☐ What three phrases strip hope away from depressed people?

-
-
-

- ☐ What is it that the depressed need so much?

- Memorize Psalms 71:5.

- ☐ Explain why women and others often believe depression cannot be controlled.
- ☐ Draw the diagram that shows an alternative way of explaining the power of these feelings.

- The key word is a _____. (Fill in) _____.

☐ What three questions can one ask to help think through one's emotions?

-
-
-

☐ **Date Lesson #86 completed** _____