



Chapter #9

Overcome Depression, Adopt Hope

Study Exercises

(85-94)

Chapter resources

Illustrated Teaching Handout: [View PDF](#)

Chapter Exercise Overview: [View PDF](#)

Chapter #9 Exercises on Depression

Complete these five exercises on overcoming discouragement and depression by the chapter's end.

❑ **#1 Understanding our Discouragement and Depression:** [pdf](#)

- Purpose: Better understand how discouragement and depression affect your life.

❑ **#2 Tracing Discouraging and Depressing Responses:** [pdf](#)

- Purpose: More deeply understand how you respond to and relate to discouragement and depression. Think of the most recent time you felt greatly discouraged or depressed.

❑ **#3 Preventing Discouragement and Depression:** [pdf](#)

- Purpose: Better understand how discouraging and depressing moods enter and impact your life. Our goal is not to fall into being so discouraged again. There are things we can do.

❑ **#4 Combating Discouragement and Depression:** [pdf](#)

- Purpose: Discouragement and depression escalate as we adopt lies from the evil one. We need to fight this battle with the truth, the Word of God.

❑ **#5 The Downward Cycle from Discouragement to Depression:** [pdf](#)

- Purpose: Equip a person to identify and share the steps from discouragement to depression. Depression does not just happen; it is a process. Mood swings can heighten your awareness of these discouraging thoughts, but it is still a process. Certain things happen that slowly strip away your hope.
- Page two is a blank chart to help you write the depression chart from memory.

❑ **Life Application sheet:** [pdf](#) | [docx](#) | [epub](#)

- Don't forget to think about the verses, thoughts, or examples most meaningful to you. Just quickly flip through the chapter and remember what you read. In the next chapters, circle significant words or thoughts as you read or view the lesson.