



# DEPRESSION

We know that at times it can feel like we are filled with hopelessness and despair but we encourage you not to accept depression as a permanent state, but instead turn to the One who will champion your every struggle. At CCV, we believe God offers us hope if we cling to Him and His promises in our darkest moments.

## *Biblical Foundation*

Deuteronomy 31:8 | Psalm 23: 4 | Psalm 40:1-3 | Matthew 11:29-30

## DEPRESSION

### You Rise Glorious

*Mike Foster*

Foster's examination of hope is one part challenge, two parts encouragement. He forces the reader to ask the following questions: How did I lose it? How do I get it? How do I give it? Each question is broken down into core concepts that are essential to a life devoted to the power of fierce and free living: awareness, discovery, ownership, forgiveness, acceptance, and freedom.

### Flirting with Darkness

*Ben Courson*

In this book, you will discover how to shift your focus from your problems to God's promises and find a community that will help you move beyond loneliness and allow you to recognize your purpose.

### Fear Gone Wild

*Kayla Stoecklein*

Turning to Scripture for answers, Kayla discovered that God uses wilderness experiences to prepare His children—including Jesus—for his greater purpose and to work miracles inside our souls.

### Forgiving What you Can't Forget

*Lisa Terkeurst*

Have you ever felt stuck in a cycle of unresolved pain? You know you can't go on like this, but you don't know what to do next. Lysa TerKeurst has wrestled through this journey. But in surprising ways, she's discovered how to let go of bound-up resentment and overcome the resistance to forgiving people who aren't willing to make things right.

## CCV RESOURCES

### *Messages*

To watch one or more CCV Messages that relate to this topic:

**When God Seems... >**

**Life's Toughest ?'s >**

**Let's Talk About It >**

In the Words of a Professional Counselor.

**Counselor Interview >**

### *Talk to Someone*

If you'd like further support surrounding this topic and would like to speak to someone on our staff.

**Get Connected >**

### *Do Life Together*

Join with others to build community and grow together.

**Join a Group >**

## READING PLANS

### *YouVersion*

**21 Days to Beat Depression >**

**God Wants to Meet You in the Dark >**