

# NOT FEELING IT DEPRESSION

IF YOU ARE ALIVE  
YOU ARE NOT DONE.  
YOU ARE STILL HERE BECAUSE  
GOD HAS SOMETHING  
MORE FOR YOU TO DO!

PASTOR RON  
FRESH

1 KINGS 19  
STEPS TOWARD  
DEPRESSION

HOW WE CAN  
FIGHT IT!

SHUT  
PEOPLE  
OUT -  
ISOLATION

WEAR  
YOURSELF  
THIN

EAT AND  
REST  
v5-6

REPLACE  
OUR LIES  
WITH HIS  
TRUTH

FOCUS  
ON THE  
NEGATIVE



STOP AND  
LISTEN TO  
GOD'S VOICE

IF YOU ARE DEALING  
WITH DEPRESSION  
SEEK OUT  
PROFESSIONAL  
HELP!

FORGET  
ABOUT  
GOD!

GOD GIVES US  
SOMETHING TO DO;  
DO WHAT GOD  
CREATED YOU FOR!