

# Total Package: Depression

## Monday

**Lamentations 3:1-33**

Ruminating is dwelling on the same untrue thought over and over again. How does Jeremiah ruminate? What was the outcome in verse 20? Reflect upon your own self talk practices. When do you ruminate the most? What was the outcome when he changed his stinking thinking.

## Tuesday

**2 Corinthians 1:3-11**

Are you Ok with others knowing when you are not Ok? Explain. Where are you experiencing the most pressure? How is that pressure affecting your life quality? Journal your prayer.

## Wednesday

**I Kings 18:16-42**

Elijah experienced a Super Bowl type victory over Baal. What have been some of your greatest victories in the past few months? Have you ever had a rapid emotional swing from feeling victorious to feeling downcast? Explain. What is your take away from this passage?

## Thursday

**I Kings 19:1-4**

Review your message notes. Rank in order how these causes are most prevalent in your life? Tell someone else what you are learning about yourself. Ask them to check in on you from time to time.

## Friday

**I Kings 19: 5-18**

Review your message notes. Which of these overcoming depression practices are you going to implement. Explain why and how. Tell someone what you are going to do. Write out and date your commitment in your journal.

## Saturday **Philippians 4:8/Ecclesiastes 4:9-12/John 8:32/Galatians 1:10**

Which of these passages most resonate with you in this season of your mental health? Why? Begin to Memorize. If it is the Ecclesiastes passage, memorize verse 12.

## Sunday **Psalms 127:2/Matthew 11:28-29/Psalms 46:10a/2 Corinthians 4:16-18**

What do you need to tell God today? What are you most worried or concerned about? Be still and experience the presence of God. Work on your memory verse from yesterday. Write out your prayer in your journal.