

Total Package: Mental Health

Monday

John 10:1-10

Depression comes to steal, kill and destroy the spirit, soul, and body. What has been the impact of depression you have experienced yourself or witnessed in the life of someone you love? Pray for yourself or someone else to become fully aware of the life that is available in a relationship with Jesus.

Tuesday

Psalms 30

In Psalm 30 David recalls a time when he was feeling depressed and God delivered him. Reflect upon a time that God turned your “wailing into dancing.” (Vs. 11) Write out your own prayer of praise and thanksgiving for God’s healing of your thoughts and feelings.

Wednesday

Isaiah 40:28-31

Where in your life are you “tired” and or “weary”? What would it look like in those areas for you to “soar on wings like eagles?” Would others say that you are living as one who is hopeless or hopeful? Explain.

Thursday

Proverbs 3:1-8

How would you describe the health of your body, your mind, and your spirit? What does the overall status of your health say about who you really trust and on whose understanding you truly lean? What action steps will you take to be “total package” healthy?

Friday

1 Peter 5:5-11

List everything and everyone that stimulates stress or anxiety within you. Prayerfully share your list with God, asking God to restore you, making you strong, firm and steadfast.

Saturday

Psalms 34:17-20

When are you most vulnerable to feeling “crushed”? When do you most feel like God is close? Which verse in this passage most encourages you and why?

Sunday

Romans 15:1-13

Pray, asking God to increase your compassion for those with mental health issues. Pray for anyone and everyone you know who is depressed or struggling in their mental health. Pray, asking God to equip and prepare you to bring them hope, joy, and peace.