

**QUESTION #23:**  
**“WHAT DOES THE BIBLE SAY ABOUT FEELING DEPRESSED?”**  
**STUDY GUIDE**  
10.27.19

What do Jesus’ words in Matthew 11:28-30 say to you?

What can we know and claim because God is near to us?

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)

What are some tips for fighting the blues?

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

Do you trust God and his word, that he can do all he says he will do?

Do you struggle with feeling depressed? What does that struggle look like?

Make a list of people you feel comfortable reaching out to (and keep this list with you).