

# 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 Summit, 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



## BIBLE STUDIES

Check out [RightNow Media](#) for additional resources related to Depression.

## READING PLANS

A 7 day reading plan for Depression: [Finding God in Your Depression](#)

## TALK TO SOMEONE

If you'd like further support surrounding this topic or speak to someone on staff, call 775.424.5683 between 9am and 4pm Mon-Th.

## [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? 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.



Celebrate Recovery

FRIDAYS 7PM