

# Emotions

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Depression is the persistent feeling of  
sadness, hopelessness, grief, or  
helplessness.

“Depression is a cycle of insufficient thoughts whirling around a center of fear.”

“Rejoice with those who rejoice, weep  
with those who weep.”

-Romans 12:15 –

“We capture, like prisoners of war,  
every thought and insist that it bow in  
obedience to the Anointed One.”

2 Corinthians 10:5

“Train yourself to be godly.”

1 Timothy 4:7



Depression is due to a lack of  
willpower:

“Your spirit is eager, but your humanity  
is weak.”

Matthew 26:41 –

Depression is due to something you did  
— or didn't do.

“You reap what you sow”.

Galatians 6:7



“I have sent you out to harvest a field that you haven’t planted, where many others have labored long and hard before you. And now you are privileged to profit from their labors and reap the harvest.”

John 4:35-38 —

Depression is self-pity

“Every heart knows its own sorrow...”

Proverbs 14:10

Depression is caused by a lack of faith