

**Walking alongside the Depressed**



1. Since depression is not purely a physical issue or a spiritual issue, why it is so important to have an approach the encourages both spiritual and physical responses?
2. Rest, Exercise, Nutrition, Structure and Spiritual Encouragement are five

necessities to overcoming feelings of depression. Write down a simple yet achievable goal that might help a depressed person make progress .

* Rest
* Exercise
* Nutrition
* Structure
* Spiritual Encouragement

3. What Psalms might you share with a person who is struggling to find hope?