



*A Biblical Perspective for Understanding,
Overcoming & Preventing Depression*

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*SAVING
GRACE
BIBLE
CHURCH*

Women of the Word
Fall Study
2020

THEME VERSES~~PSALM 61:1-4

- **Hear my cry, O God;**
- **Attend to my prayer.**
- **From the end of the earth I will cry to you,**
 - **When my heart is overwhelmed;**
- **Lead me to the rock that is higher than I.**
 - **For you have been a shelter for me,**
 - **A strong tower from the enemy.**
 - **I will abide in Your tabernacle forever,**
- **I will trust in the shelter of your wings.**

THEME QUOTE

By Dr. Martin Lloyd-Jones

“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?”

NAME & TOPIC LESSON #5~GOALS

To understand and live in light of the implications of the name Jehovah—Raah.

To see God as a personal Shepherd who loves His sheep and always keeps their best interest in mind: a Shepherd always leading, always present, always providing.

To encourage you to see the Lord as your portion and to rely on Him.

To identify and begin to learn how to combat several enemies of hope and faith.

LIVING BY FAITH

WHAT I DO

Take concerns to God
Hear Him (through His word)
In uncertain times: Live by faith

Count it as joy.
Ask for wisdom.
Ask in faith.

Think biblically.
Live by what I know.

Be shepherded

Combat the enemies of Hope
Change focus to God
Keep focus on God
Feast at His table of provision

WHAT GOD DOES

- Stays in control
- Has a plan/purpose
- Completes His plan/purpose!

Controls all
Provides escape
Remains faithful

Works in us.
Gives wisdom liberally

Supplies: needs strength etc
 peace hope

Shepherds

Prepares all I need
Delivers/protects from enemies