



BIBLE JOURNAL

# DEPRESSION

What God's Promise when you are  
Depressed.

# READ WHEN YOU ARE DEPRESSED

## GOD'S PROMISE

**DEUTERONOMY 31:8**

“It is the LORD who goes before you. He will be with you; He will not leave you or forsake you. Do not fear or be dismayed”

**PSALM 34: 18**

“The LORD is near to the broken-hearted and saves the crushed in spirit”

**ROMANS 5:5**

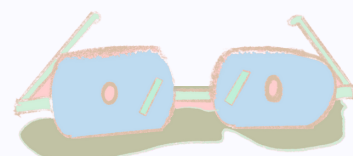
“Hope does not put us to shame, because God’s love has been poured into our hearts through the Holy spirit who has been given to us”

**ISAIAH 49: 13-15**

“sing for joy,  
o heaven and exalt o earth;  
break forth,  
o mountains, into singing!  
For the LORD has comforted his people  
and will have compassion on his afflicted.

But Zion said:  
The LORD has forsaken me;  
my Lord has forgotten me.

Can a woman forget her nursing child,  
that she should have  
no compassion on the son of her womb?  
Even these may forget,  
yet I will not forget you”



# WHAT GOD'S PROMISE WHEN YOU ARE DEPRESSED.

---

**READ:** Deuteronomy 31:8 ; Psalm 34: 18; Isaiah 49: 13-15; Romans 5:5

## DEUTERONOMY 31:8

## SUMMARIZE WHAT YOU'VE LEARNED?

## KEYWORDS?

## HOW DOES THIS PASSAGE SPEAK TO ME?



**WHAT QUESTIONS DO YOU'VE IN THIS PASSAGE?**

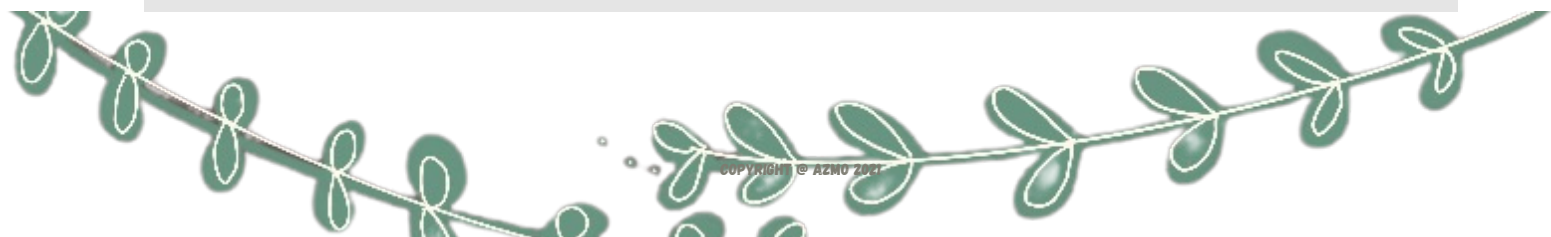
Blank area for writing questions.

**HOW CAN YOU APPLY THIS PASSAGE TO YOUR LIFE?**

Blank area for writing applications to life.

**NOTED:**

Large blank area for notes.



# WHAT GOD'S PROMISE WHEN YOU ARE DEPRESSED.

---

**READ:** Deuteronomy 31:8 ; Psalm 34: 18; Isaiah 49: 13-15; Romans 5:5

## PSALM 34: 18

## SUMMARIZE WHAT YOU'VE LEARNED?

## KEYWORDS?

## HOW DOES THIS PASSAGE SPEAK TO ME?



**WHAT QUESTIONS DO YOU'VE IN THIS PASSAGE?**

Blank area for writing answers to the question: "WHAT QUESTIONS DO YOU'VE IN THIS PASSAGE?"

**HOW CAN YOU APPLY THIS PASSAGE TO YOUR LIFE?**

Blank area for writing answers to the question: "HOW CAN YOU APPLY THIS PASSAGE TO YOUR LIFE?"

**NOTED:**

Large blank area for writing notes.



# WHAT GOD'S PROMISE WHEN YOU ARE DEPRESSED.

---

**READ:** Deuteronomy 31:8 ; Psalm 34: 18; Isaiah 49: 13-15; Romans 5:5

## ISAIAH 49: 13-15

[Empty grey box for reading the passage]

## SUMMARIZE WHAT YOU'VE LEARNED?

[Empty grey box for summarizing what you've learned]

## KEYWORDS?

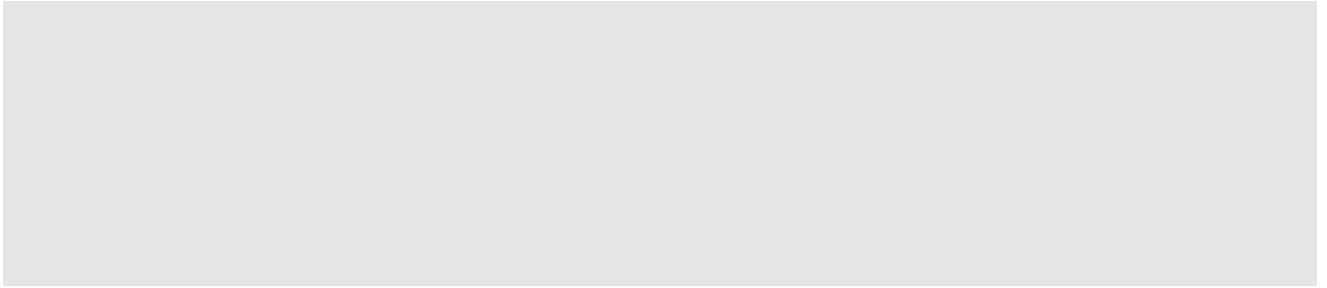
[Empty grey box for listing keywords]

## HOW DOES THIS PASSAGE SPEAK TO ME?

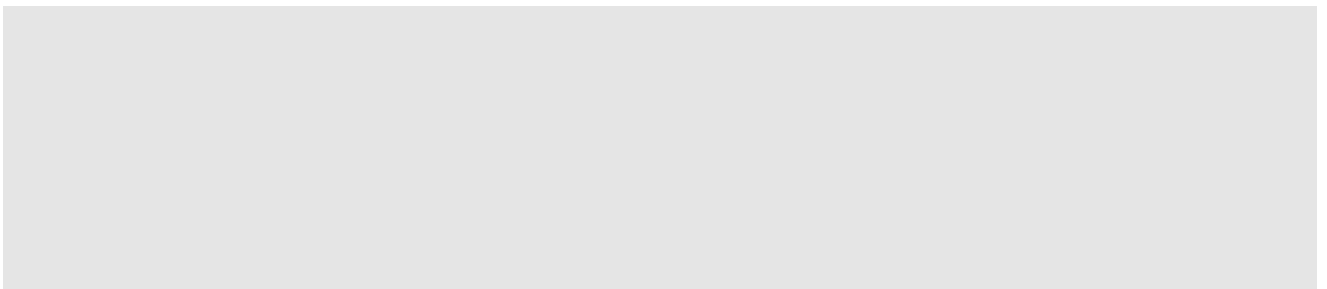
[Empty grey box for reflecting on how the passage speaks to you]



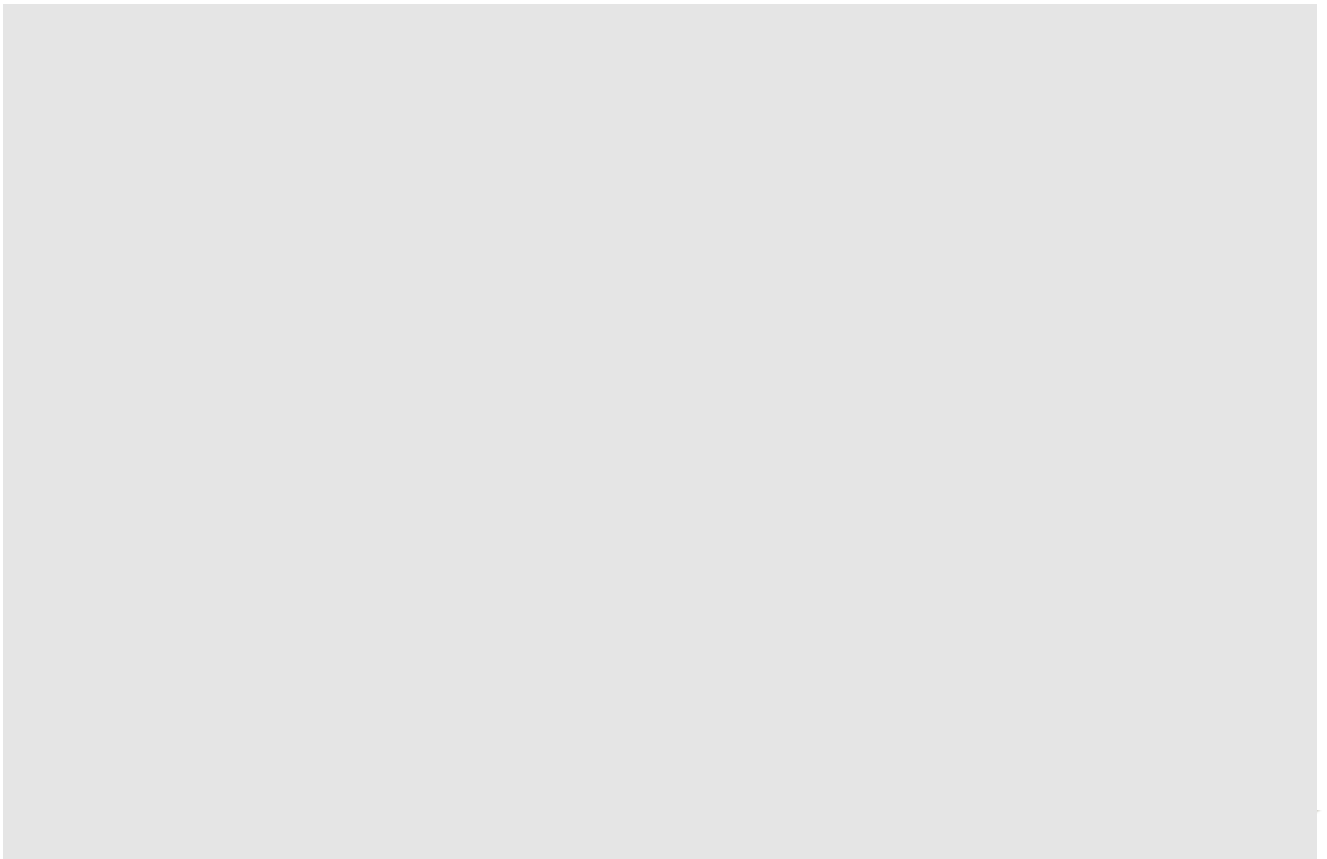
**WHAT QUESTIONS DO YOU'VE IN THIS PASSAGE?**



**HOW CAN YOU APPLY THIS PASSAGE TO YOUR LIFE?**



**NOTED:**





# WHAT GOD'S PROMISE WHEN YOU ARE DEPRESSED.

---

**READ:** Deuteronomy 31:8 ; Psalm 34: 18; Isaiah 49: 13-15; Romans 5:5

## ROMANS 5:5

[Empty grey box for reading the passage]

## SUMMARIZE WHAT YOU'VE LEARNED?

[Empty grey box for summarizing what you've learned]

## KEYWORDS?

[Empty grey box for listing keywords]

## HOW DOES THIS PASSAGE SPEAK TO ME?

[Empty grey box for reflecting on how the passage speaks to you]



**WHAT QUESTIONS DO YOU'VE IN THIS PASSAGE?**

Blank area for writing answers to the question: "WHAT QUESTIONS DO YOU'VE IN THIS PASSAGE?"

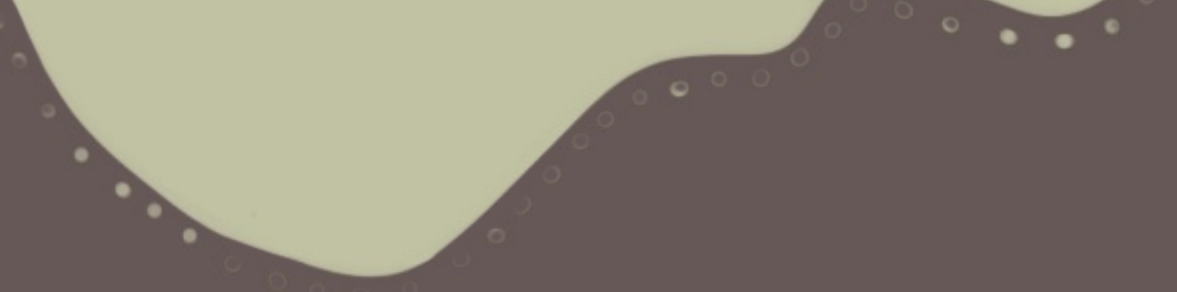
**HOW CAN YOU APPLY THIS PASSAGE TO YOUR LIFE?**

Blank area for writing answers to the question: "HOW CAN YOU APPLY THIS PASSAGE TO YOUR LIFE?"

**NOTED:**

Large blank area for writing notes.





“Let Love and Kindness  
be the motivation behind  
all that you do”

1 Corinthians 16:14