

## Depression

“Why are you cast down, O my soul, and why are you disquieted within me?  
Hope in God; for I shall again praise him, my help and my God.” **(Psa 42:11)**

“... God ... consoles the downcast...” **(2 Cor 7:6)**

“Blessed be the God and Father of our Lord Jesus Christ , the Father of mercies and the G od of all consolation , who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God .” **(2 Cor 1:3 – 4)**

O LORD my God, I cried to you for help, and you have healed me.

Sing praises to the LORD, O you his faithful ones, and give thanks to his holy name.

To you, O LORD, I cried, and to the LORD I made supplication:

Hear, O LORD, and be gracious to me! O LORD, be my helper!”

You have turned my mourning into dancing; you have taken off my sackcloth and clothed me with joy,  
so that my soul may praise you and not be silent. O LORD my God, I will give thanks to you forever.

**(Psa 30:2, 4, 8, 10 – 12)**