

# Overcoming Sadness & Depression

I AM A CHILD OF GOD, AND HE LOVES ME.

*1 John 3:1*

I RELEASE DEPRESSION, AND I RECEIVE JOY.

*Matthew 16:19*

GOD COMFORTS ME.

*Matthew 5:4*

GOD HAS GOOD PLANS FOR MY LIFE.

*Jeremiah 29:11*

WITH THE HELP OF THE HOLY SPIRIT, I AM OVERFLOWING WITH  
HOPE.

*Romans 15:13*

I AM THANKFUL FOR GOD'S GOODNESS AND HIS MERCY THAT  
ENDURES FOREVER.

*1 Chronicles 16:34*

I FOCUS MY MIND ON ALL OF THE WONDERFUL THINGS GOD HAS  
DONE.

*Psalms 145:5*

