

Moving into Hope and Healing from Depression

Our brains, minds, and hearts can be shaped in many ways by Biblical principles that move us towards hope, healing and becoming more like Christ in our responses to the brokenness of the world around us. We will look at some practical ways that we can work to help ourselves and build resilient relationships and communities so that we are less vulnerable and can live with more hope even as we “groan” for our final redemption and complete healing.

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1. Reducing Vulnerability – Heart Surgery in Relationships
 - A. Talk...
 - B. Learning to live with emotions
 - C. Sorrow and grief
 - D. Sharing of shameful and traumatic experiences
 - E. Identifying unhealthy patterns of thinking
2. Train brain away from these...
 - A. CBT
 - B. Mindfulness
3. Exceptions?
4. How has life story shaped thinking and feeling about yourself, others, and God
 - A. Examining deepest longings, desires and expectations

- B. Naming deeper feelings
 - C. Facing anger and forgiveness
 - D. Repentance and reconciliation
5. Resist the devil
 6. Involvement with and care for others
 7. Exercise, nutrition, sleep...
 8. Medication if necessary
 9. Meditation and prayer
 10. Patience, hope and perspective

“Groaning for glory”

Suggested Readings:

When Life Goes Dark: Finding Hope in the Midst of Depression, Richard Winter, IVP 2012

Perfecting Ourselves to Death: The Pursuit of Excellence and the Perils of Perfectionism,
Richard Winter, IVP 2005