**Part 3 – Hope Wins**

**Hope Wins Over Depression**

**Hope wins over depression.**

**Romans 15:13**

**I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.**

**Common misconceptions about depression.**

**Depression is not a real thing.**

**I’m sinning if I’m depressed.**

**Medical help is never the answer.**

**If I pray harder and have more faith, my depression will go away.**

**How can hope win over depression?**

**God’s prescription for depression.**

**Focus on facts, not feelings.**

**Fact 1: God hasn’t abandoned you.**

**Hebrews 13:5**

**“Never will I leave you; never will I forsake you.”**

**Psalm 34:18**

**The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.**

**Fact 2: God’s love and power is perfect in your weakness.**

**2 Corinthians 12:7-10**

**In order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me.**

**But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.**

**That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.**

**Fact 3: God has a plan for your life.**

**Romans 8:28**

**We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.**

**Keep fighting for your soul.**

**Ephesians 6:11-18**

**Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil.**

**For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.**

**Therefore, put on every piece of God’s armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God’s righteousness.**

**For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil.**

**Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.**

**Let God be the author of your story.**

**Jeremiah 29:11**

**“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”**

**Philippians 1:6**

**I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.**