

THEME VERSES~~PSALM 61:1-4

- **Hear my cry, O God;**
- **Attend to my prayer.**
- From the end of the earth I will cry to you,
- When my heart is overwhelmed;
- Lead me to the rock that is higher than I.
- For you have been a shelter for me,
- A strong tower from the enemy.
- I will abide in Your tabernacle forever,
- I will trust in the shelter of your wings.

THEME QUOTE

By Dr. Martin Lloyd-Jones

“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?”

FOUNDATION LESSON #1 ~ GOALS

- To increase reliance upon God—and confidence, hope and trust in His word.
- To exalt God and call to mind His character, nature, and attributes.
- To uncover and promote avoidance of non-biblical responses.
- To discover concrete, biblical ways to respond to feelings of depression.

When the Soul is in Distress

Remember

Respond

Refuse