

Christian Principles to Over-Come Depression & Anxiety

ALL FEMALE ADULT & YOUTH GROUPS

GROUP SESSIONS

32 Sessions

- Defining Depression & The Cycle of Depression
- What Does The Bible Say About Depression & Anxiety?
- What Does Depression Look Like on You?
- Mental & Emotional Healing Through The Scriptures
- Managing Daily Life Skills and Activities When Depressed
- The “Thinking” Trap
- Past, Present & Future View of Self
- Defining Self Based on The Word of God
- Self-Talk that Encourages or Discourages Depression
- The Power of Your Daily Confession
- Perspective Makes A Difference
- When Life Throws You A Curve Ball
- Owning & Discarding life’s Issues
- Family Ties
- The Company You Keep
- What Others Think
- Who’s in Your Ear and in Your Head?
- Dumping The Baggage
- Social/Interpersonal Skills
- Right Relationships & Like-minded People
- Goals & Priorities
- You Are an Over-Comer
- Mental & Emotional Freedom



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Change Begins with YOU!

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