



Breaking Free From Depression: A balanced biblical strategy for emotional freedom

Linda Mintle Ph.D.

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LORD, HELP ME GIVE YOU CONTROL OF MY LIFE!

No one is exempt from occasional gloomy feelings. But when depression hits, you can identify the roots and change your negative thinking. God does not want you depressed. He wants you experiencing great joy! Everyone needs help now and then. Whether you are a teen, adult or senior, this message brings new hope.

- Recognize triggers that lead to depression.
- Discover tools to escape depression.
- Stand on God's Word and find strength for every situation.

SEEK WISE COUNSEL, AND ASK THE HOLY SPIRIT TO LEAD YOU OUT OF YOUR DEPRESSION AND INTO THE JOY OF LIVING!

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