**You Asked For It !**

**Part 1 : What does God say about depression and mental health ?**

**Psalm 130**

**January 19, 2020**

**I. Depression in the Bible.**

**II. What Depression Can Be Like**

**III. Possible Causes**

**IV. Reference Points in the Darkness**

**1. Remember \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Psalm 130:1-2**

**2. Remember \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Psalm 130:3-4**

**3. Remember the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Psalm 130:5-6**

**4. Remember \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Psalm 130:7**

**5. Remember the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Psalm 130:8**

**V. Expectations**