

# 10 THINGS TO DECLARE

*when you feel depressed*

- 1 God goes before me, He never leaves me. I am His. (Deut. 31:8)
- 2 I am always carried by my Father God's everlasting arms. He holds the weight of my burdens. (Deut. 33:27)
- 3 My hope is found in God. He gives me hope and rest. (Psalm 62:5)
- 4 God, You always heal the brokenhearted, You bind up my wounds. (Psalm 147:3)
- 5 I fix my mind on You, Father God. I receive Your complete peace. (Isaiah 26:3-4)
- 6 I choose to be thankful for my life. Jesus, Your peace guards my heart and mind. (Philippians 4:6-7)
- 7 My God is a God of hope, and I have the power of the Holy Spirit in me. Fill me with peace and joy. (Romans 15:13)
- 8 I want life. I set my mind on Jesus, because I know He is always good. (Romans 8:6, Psalm 136:1)
- 9 I am free and grace is continuously lavished on me. (John 8:36, Romans 5:20, Ephesians 2)
- 10 Father God, take my ashes and make them into something beautiful. I refuse to pick them back up. I am a beautiful, whole, free, loved child of God. (Isaiah 61:3)