

7-STEP CHRISTIAN APPROACH TO DEFEAT DEPRESSION

- 1. Biblical thinking**
- 2. Scripture memorization**
- 3. Prayer**
- 4. Biblical speech**
- 5. Biblical action**
- 6. Supportive community of Christians**
- 7. Physical and mental health
maintenance**



Defeating Depression Run It Away

R Barnett



Defeating Depression Run It Away:

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