



A PERSONAL GROWTH BIBLE STUDY

FEELINGS OF INADEQUACY AND DEPRESSION

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#FOLLOWINGJESUS101MINISTRIES

WHERE ARE YOUR FEELINGS OF INADEQUACY AND DEPRESSION STEMMING FROM?

What has happened in your life lately or in the past that has caused you to feel inadequate or insecure? **Write it down.**

Why do you believe God allowed this to happen to you? **Explain.**

Read Job 2:9, Job 3:26, Job 30:15-17 - Job suffered great loss, devastation, and physical illness. Job was a righteous man of God who lost literally everything. So great was his suffering and tragedy that even his own wife said, *"Are you still holding on to your integrity? Curse God and die!"* Can you relate to Job? **Explain.**

Read Psalm 56:1-13 and Psalm 43:5. What is David saying about being depressed in these passages? How is David able to change his thoughts of inadequacy?

Are your feelings swaying to and fro like the wind? Hard to concentrate? Having feelings of despair? **Write it down.**

Depression can relate to emotions that have been ignored or pushed down. Has something happened that you're trying to forget? **Dig deep and reveal it to God.**

HOW TO RID YOURSELF FROM INADEQUATE AND DEPRESSIVE STRONGHOLDS

READ THE FOLLOWING BIBLE VERSES...

- Isaiah 40:6-8
- Philippians 4:10-14
- Isaiah 26:3
- Isaiah 60:1-2
- 1 Peter 5:6-14

What is God saying to you in these verses regarding your feelings of inadequacy and depression? What kind of attitude or mindset should you have?

Explain.

Do you think that God would rather have you focus on his everlasting love, peace and will for your life, rather than thoughts of suicide? **Why?**

What must you do daily to overcome these negative feelings?

What can you thank God for today?

**QUESTION: ARE YOU CURRENTLY
STRUGGLING WITH FEELINGS OF
INADEQUACY OR DEPRESSION? IF SO,
HOW ARE YOU MANAGING IT OR NOT?**