
Depression

Your Biblical Guide

**to Depression: Your Biblical Guide to Kill This Giant (How to Kill Your Giants ~ One at a Time
Book 1) Kill This Giant**

Volume 1

Depression: Your Biblical Guide to Kill This Giant (How to Kill Your Giants ~ One at a Time
Book 1)

In the Series

“How To Kill Your Giants”

Depression: Your Biblical Guide to Kill This Giant (How to Kill Your Giants ~ One at a Time Book 1)

By

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Legal Disclaimer: The information Depression: Your Biblical Guide to Kill This Giant (How to Kill Your Giants ~ One at a Time Book 1) in this book is meant Depression: Your Biblical Guide to Kill This Giant (How to Kill Your Giants ~ One at a Time Book 1) to explain God-style freedom and healing from emotional Depression: Your Biblical Guide to Kill This Giant (How to Kill Your Giants ~ One at a Time Book 1) giants. It is not intended to diagnose, advise, treat, replace or judge professional psychiatric and/or medical care. Those matters are best left to qualified physicians. If you find something which you believe should be corrected, please write an email to Alan@KoebelPublishing.Com

To see what other Giants we are currently working on and to contact the authors, visit our website: HowToKillGiants.Com

Contents

[Why We Wrote this Book](#)

[Why You Should Read this Depression: Your Biblical Guide to Kill This Giant \(How to Kill Your Giants ~ One at a Time Book 1\) Book](#)

[Authors' Note](#)

[The Giant of Depression Introduction](#)

[Darlene's Story Chapter 1](#)

[Darlene's Story Chapter 2](#)

[Chapter 1 ~Today's Giant](#)

[Chapter 2 ~ Depression Giant faced by a biblical character](#)

[Chapter 3 ~ Depression Giant from God's perspective](#)

[Chapter 4 ~ Depression Giant: How Satan attacks](#)

[Chapter 5 ~Which stone kills the Giant of Depression?](#)

[Chapter 6 ~ Is there help for you?](#)

[Personal Prayer](#)

[Obtaining God's help](#)

[Fast Food Devotionals For Depression](#)

[About The Authors](#)

[In Recognition](#)

[One Last Thing](#)

Why We Wrote this Book

Darlene suffered from Depression and was willing to explore and discover its root cause which allowed her to receive help and healing. Today she lives to share her story that others may also enjoy life as it should be.

Betty's husband experienced Depression but was unwilling to deal with its cause. Today Depression: Your Biblical Guide to Kill This Giant (How to Kill Your Giants ~ One at a Time Book 1) she hopes his death will not be in vain, but that this effort will benefit others by offering hope for a brighter future.

Why You Should Read this Book

~Tired of being a slave to your emotions?

~Tired of feeling trapped in a cage while others enjoy their freedom?

~Tired of feeling like a bystander while others enjoy living?

~Tired of trudging through endless days with no sense of purpose?

That's life when you live with your emotional Giants! Consider The **Giant of Depression**.

Pain. It's an unwelcomed visitor no matter when it comes. The pain with **Depression** invades physically, emotionally, socially and spiritually. If you – or someone you love – is experiencing this pain and seek relief, then this book may be just what you need.

Read on to explore the scope of **Depression** and *Depression: Your Biblical Guide to Kill This Giant (How to Kill Your Giants ~ One at a Time Book 1)* a way to obtain permanent healing.

Future Depression: Your Biblical Guide to Kill This Giant (How to Kill Your Giants ~ One at a

Time Book 1) books in this series will deal with other Giants in your life such as Anxiety, Fear, Hopelessness, Arrogance, Poor Self-Esteem, Abandonment and Confrontation.

Authors' Note

The tree is cut. The stump remains. Soon new growth is seen on the Depression: Your Biblical Guide to Kill This Giant (How to Kill Your Giants ~ One at a Time Book 1) bark of that stump. The tree may be gone, but life is still there. Life is in its roots. Destroy the roots, and life ceases.

So it is with the problems we face. They enter our lives and plant roots in our very soul. Growth is fueled by our inability to overcome them. Soon they loom over us.

~They become our emotional Giants.

~These Giants interfere with our lives.

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Book 1)

~They overshadow our view of reality.

~They rob us of happiness and hope, energy and expectations along with our ability to cope.

~They stunt our personality, weakening our ability to love ourselves and others as commanded by God (Matthew 22:39).

~They cloud over Depression: Your Biblical Guide to Kill This Giant (How to Kill Your Giants ~ One at a Time Book 1) our objectivity in viewing these problems with solutions in mind.

~They dwarf our hopes of ever reaching future goals.

~They cause emotional Depression: Your Biblical Guide to Kill This Giant (How to Kill Your Giants ~ One at a Time Book 1) cancerous growth in our God-given identity by hiding our view of God.

~They plant our feet in quicksand with little anticipation of rescue.

Giants can be cut down with medical help, but – like the tree stump – they appear again and again. Such Giants must be uprooted if they are to disappear permanently.

Giants have been around forever. In biblical times they were real people but posed the same problems as today's emotional Giants.

After leaving Egypt, the Israelites traveled east to the land that God had promised their forefathers. This Promised Land was their inheritance.

They were told to enter and possess it. For some reason they insisted on sending spies for a reconnaissance mission

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