

FOUNTAIN OF PRAYER MINISTRIES INTERNATIONAL

Prayer and Counseling Support...

At Fountain of Prayer Ministries International, we understand the importance of spiritual support in overcoming life's challenges. If you or a loved one is struggling with depression and would like prayer or counseling, please contact our Resident Pastor at (587) 839-9509. Our ministry is here to provide a listening ear, guidance, and encouragement during your journey toward healing.

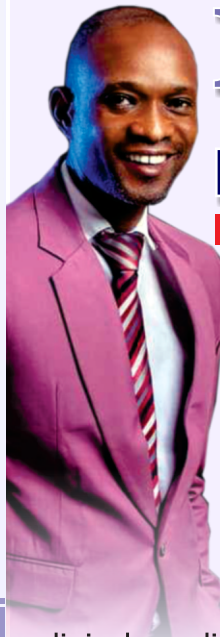
In conclusion, the Bible offers several solutions for individuals dealing with depression. By leaning on God's covenant bailout, seeking support from wise counsel and community, and reaching out to ministries like Fountain of Prayer Ministries International, Christians can find hope, strength, and comfort in their journey toward healing.

For more information, contact us @

**FOUNTAIN OF PRAYER
MINISTRIES INTERNATIONAL**

E-mail:

fountainofprayerminsintl@gmail.com



Biblical *Solutions to* DEPRESSION

By Pastor David O. Buoye

Depression is a serious mental health condition affecting millions worldwide, impacting their overall well-being and quality of life.

While the Bible doesn't address depression as a clinical condition, it offers comfort, hope, and guidance for those struggling with difficult emotions. In this tract, we'll explore biblical solutions to depression and how the Fountain of Prayer Ministries International can provide support.

WHAT IS DEPRESSION?

Depression is a mood disorder causing persistent feelings of sadness, emptiness, and hopelessness. It affects emotional, physical, and social well-being. While seeking professional help when dealing with depression is essential, many find solace and strength in their faith and biblical teachings.

Covenant Bailout...

The Bible reveals that God has made a covenant to provide help and protection when His people face difficulties. In times of depression, Christians can lean on this covenant bailout by trusting in God's faithfulness and seeking His guidance. The following are some biblical solutions for depression:

1. Prayer and communication with God: The Bible encourages believers to share their burdens with God through prayer (**Philippians 4:6-7, 1 Peter 5:7**). By expressing their feelings and concerns to Him, they can experience peace and relief.

2. Reading and meditating on God's Word: The Bible offers comfort and hope through verses like **Psalms 34:17-18** and

Isaiah 41:10. Meditating on these words can provide strength and reassurance during challenging times.

3. Seeking counsel from wise and godly people: Proverbs 11:14 and 15:22 emphasize seeking advice from wise and godly individuals. This can include pastors, mentors, or biblical counselors providing guidance and support based on scriptural principles.

4. Focusing on gratitude and God's blessings: Practicing gratitude and reflecting on God's blessings can help shift one's focus away from negative thoughts and emotions (**Psalms 107:1, Colossians 3:15**).

5. Engaging in fellowship and community: Fellowship with other believers provides emotional support and encouragement (**Hebrews 10:24-25**).

While these biblical solutions can be powerful tools in coping with depression, remember they should not replace professional mental health treatment. Combining faith-based practices and proper medical care can contribute to a more comprehensive approach to healing and recovery.



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You Are
A PRODUCT
of your
THOUGHTS

— Pastor David O. Buoye —

"For as he thinketh in his heart, so is he..." (KJV)
- Proverbs 23:7

Our thoughts are powerful, shaping our actions, character, and destiny. The Bible reminds us in **Proverbs 23:7** that our inner thoughts ultimately determine who we become. This principle is vital, as it encourages us to take responsibility for our thought life and the impact it has on ourselves and those around us.

When we align our thoughts with God's Word, we invite His divine wisdom and guidance into our lives. Embracing positive, hopeful, and loving thoughts allows us to experience the abundant life Jesus came to give us. By focusing on the things above, we can transform our hearts and minds, reflecting Christ's love and character in our daily lives.

As you ponder **Proverbs 23:7**, remember that your thoughts shape your reality. Choose to dwell on things that are true, noble, just, pure, lovely, and of good report (**Philippians 4:8**). In doing so, you will become



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the person God has called you to be and experience the joy and fulfillment that comes from living a life aligned with His divine purpose.

In conclusion therefore, please understand that the outcome of your life is at the mercy of your thoughts!

HOW TO OVERCOME EVIL THOUGHTS?

Maintain a strong prayer life, **(2 Cor.10:5)**. Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.

In this verse, like the one from Philippians, reminds us to keep our thoughts focused on Christ. We must resist any evil thoughts or imaginations, and instead seek to submit our minds to the teachings of Jesus. This is such an important truth for us to remember and put into practice!



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**Join Us for Worship and
Solutions prayer hour:
SUNDAY CHURCH SERVICE**

Venue: **VIVO 11950 Country
Village Link NW Calgary,
Alberta T3K 6E5**
Time: **10AM**

At Fountain Of Prayer Ministries International. Expect your concerns to be turned to a solution!


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STOP
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ANGER

— Pastor David O. Buoye —

Anger is a powerful emotion that can be both destructive and difficult to control. In the Bible, anger is often associated with foolishness and sin and is warned against as a negative force that can damage relationships and lead to bad choices.

According to the Bible, anger lies in the heart of a fool (**Ecclesiastes 7:9**). The Bible discusses fools numerous times, but two types of fools are described in scripture: those who harbor anger and those who deny God's existence (**Psalms 14:1**). Anger has never built anything, but it can destroy everything.

To stop anger from controlling your life, consider these remedies:

1. Reflect on the consequences: Think about the negative impact anger can have on your relationships and overall well-being.



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2. Seek the Holy Spirit's comfort:

When you feel anger rising within you, turn to prayer and ask the Holy Spirit to bring you peace.

My prayer for you is for the Peace of God that passeth all human understanding find full expression in your heart. **(Philippians 4:7).**

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Sunday Church Service

Time: **10AM**

Come and experience the transformative love and wisdom of God's Word as we work together to overcome anger and embrace a life filled with peace and understanding.



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