



## **FRIENDS OF HOPE: VISITOR'S DAY (Sabbath School Program)**

**April 10, 2021**

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East Central Africa Division**

### ***SABBATH SCHOOL PROGRAM***

1. Preparatory songs of the program
2. Celebrants' entry
3. Opening song
4. Prayer
5. Guests' reception (nominal reception and presentation of the present)\*
6. A word on the day's program
7. Special music
8. Study of the Sabbath school lesson

### **Suggested Hymns:**

- "Christ is the World's True Light," *SDA Hymnal*, no. 345
- "How Lovely is Their Dwelling Place," *SDA Hymnal*, no. 698
- "God Himself is With Us," *SDA Hymnal*, no. 3

## **STRATEGIES TO PROVIDE HOPE IN TIMES OF DEPRESSION**

### **Introduction**

Depression counts amongst the most difficult and most grievous human experiences. It deprives us of energy, interest in activities and other people, and from a will to improve things. Those with depression have a deeply negative opinion of themselves, the world, and their future. They may also have the impression that nothing will change and that they will never feel better. By implementing certain strategies, people suffering with depression can try and release themselves from this crushing disease.

What are the strategies to fight depression?

### **A. Definition of depression**

Depression is a time of life that happiness seems to disappear; one cannot seem to prevail over their problems, and they can feel pitiful, mired in hopelessness, and misery.

## **B. Depression symptoms**

1. To be very tired but unable fall asleep
2. Difficulty concentrating
3. Loss of interest in things that are normally appreciated
4. Prefers to stay alone
5. Difficulty in making decisions
6. Have a negative attitude toward themselves and others
7. Physical illnesses
8. Impulsive and risky behaviors (such as suicide)
9. Intense sadness and a deep hopelessness

## **C. Causes of depression**

Causes of depression may be classified into several groups:

### 1. Negative situations:

- a. Loss (loved one, money, job, etc.)
- b. Social isolation (confinement)
- c. Relationship conflicts
- d. Stress associated with employment, physical health

Let's read the following texts to illustrate how a Christian can address negative situations:

- Psalms 107:19, 20
- Nehemiah 8:10
- Mark 6:30, 31
- John 16:22

### 2. Negative thinking:

- a. Negative thoughts
- b. Severe self-criticism
- c. Unrighteous and unrealistic thoughts

Let's read the following texts to illustrate how a Christian can address negative thinking:

- 1 John 2:1, 2
- Psalms 130:1-4, 7

### 3. Negative emotions:

- a. Discouragement
- b. Sadness
- c. Hopelessness

Let's read the following texts to illustrate how a Christian can address negative emotions:

- Matthew 5:10-12; 6:14-15
- Luke 6:27

4. Negative physiology symptoms:

- a. Altered sleep
- b. Lack of energy
- c. Variables in brain function

5. Negative actions:

- a. Social revocation (social retraction)
- b. Decrease in activity level
- c. Decrease of personal hygiene

### **D. Strategies to Fight Depression**

1. Reactivate your life

Depression causes inactivity and idleness, but inactivity magnifies depression. Do your best to partake in activities which enrich your spirit: positive activities, personal care, daily tasks, entertainment, sports.

2. Realistic thoughts

- a. Avoid negative unrealistic thoughts
- b. Avoid unrighteous thoughts toward oneself
- c. Avoid thoughts of unrealistic future projects

3. Resolve the problems with efficiency

4. Have faith in God

### **Closing song**

### **Concluding prayer**

\*Please adhere to any covid policies that are present for your area and make any adjustments to this portion of the program as needed (i.e., avoiding the sharing of food where indicated).