



# HOPE *Prevails*

BIBLE STUDY

INSIGHTS FROM A DOCTOR'S  
PERSONAL JOURNEY

*Through Depression*

DR. MICHELLE  
BENGTSON

*Dr Michelle Bengtson*

## **Hope Prevails Bible Study: Insights from a Doctor's Personal Journey Through Depression**



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A great reference for individuals that would be highly good for both church and guidance organizations. This book offers tangible help, hope, and healing from someone who's been there and has come out the other side. In this Bible research companion to *Wish Prevails: Insights from a Doctor's Personal Journey through Depression*, Dr. Bengtson, a neuropsychologist with over 25 years of experience shares both her medical knowledge and her own private journey through despair. Take this journey through the author's encounter and Scripture to: Find out you aren't alone. Discover chemical, genetic, secondary, reactionary, and spiritual contributors. Realize major depression does not determine your worth, dictate our destiny, or separate us from the like of God. Bengtson's personal knowledge is interwoven with queries for reflection, crucial thoughts, music playlist recommendations, resources, and also a leader's guide. Depression is common and isn't shameful. Fight back against the enemy's methods that could steal your joy and peace. "Authentic connections, raw insights, and effective truths. Are you or is somebody you love experiencing unhappiness?: --Pastor Debbie Kitterman, Founder, Dare 2 Hear Ministry



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Guaranteed. Not merely does she see it daily in . This bible study can be used along side the Hope Prevails Reserve or as a standalone study.. Michelle, who is a renowned neuro-psychologist has learned first-hand what coping with depression appears like. Not merely does she view it daily in her interactions with her individuals but she's also battled with it in her own life. And out of that came the inspiring publication "Wish Prevails: Insights From A Doctor's Personal Trip Through Depression." "Wish Prevails is a beautifully written publication about what this means to have depression, how we could be healed from it, and who the healing comes from: God. And now a year later Michelle has come out with a companion research publication to either go with "Hope Prevails" or to be achieved as a standalone study. Among her statements in the new reserve says this: "Both faith and fear carry equal pounds and both demand our concentrate. It puts stuff into perspective in ways easy for all of us to understand. Choosing faith over dread or doubt could have profoundly excellent results. Dr. And Michelle's new book/study helps us learn to cultivate both. Her message is usually beautifully delivered and something that I really believe everyone can greatly benefit from.pray this and you will be healed... I am still in the midst of reading through this Bible study, but We felt compelled to go on and keep a review. I really believe this book is indeed required today! There are plenty of who struggle with melancholy today and I believe that this study along with her original reserve of the same title could be a great reference for anyone who discovers himself/herself in the midst of or heading towards depressive disorder.I really like that Dr. It really is an excellent resource those fighting depression, for small organizations looking to tackle the topic of unhappiness and desire a biblical approach, or as a gift for anyone dealing with despair. The spiritual root of depression cannot be ignored for those attempting to experience true freedom from depression. The approach to healing that's taught in this research is not a basic. It's as if she's thinking precisely what you are, but another before you. Bengtson to share His message of Hope. There are various who have a problem with depression today and I believe that this study alongside her original book of the same title can be a great resource for anybody who finds himself/herself in the midst ... but gives real actionable measures to recovery, restoration, and a rediscovery of who you were created to be. For the individual who has lost a loved one, this is a wonderful, encouraging go through."Dr. You will end up blessed.This is a much-needed resource for the individual experiencing major depression or those that know someone going right through it. I would recommend this Bible Research.. It really is encouraging, uplifting, thought provoking and a existence changing browse. Dr. Bengtson gives us an important component in the battle with depression- God's Word. She gives us insight from doctor's perspective (as a neuropsychologist with over 20 years' experience), a patient's perspective (as a person who suffered

from depressive disorder), and Biblical perspective (with encouraging Biblical truth). It isn't always easy for visitors to get help when they're battling major depression or when someone they love is definitely battling despair. Hope Prevails is an excellent resource for either person .I received a duplicate of the reserve in exchange for an honest review. Michelle, 'there had been days, weeks, months actually, when I wondered if the darkness would ever lift' - encountering depression following the untimely loss of life of my hubby threw me into a state that I didn't recognize. Hope in Loss Quoting Dr. It had been as though I was living in a tunnel. That is a Bible Study that requires focus on the readers part, but the final result is a closer walk with Jesus and a better knowledge of who you are in Christ. I am so pleased to have the brand new Bible study so that I can reinforce what I have learned. Discovering a widow's life is merely that 'a life' - that you cannot make it go away - brought up conditions that I would have never considered. This study provides hope when there doesn't appear to be a clear path ahead. As a neuropsychologist, she comes not only as an expert about them but as you who has personally walked through this valley. Your illness does not in any way define you, "determine your worth, or dictate your destiny, or individual you from God. Like having coffee with the author.. THIS PAST YEAR she launched Wish Prevails where she shared her very own journey through unhappiness and back again using her own professional expertise, solid faith and most importantly, the Scriptures. After reading the original Hope Prevails, I knew something of what to expect from the new Hope Prevails Bible Research. This book is so amazing, I cannot put it down Wow! Bengtson's publication with this friend, because I understand how much it has encouraged me.. This is a wonderful method to have the truths of God's Wish opened up for you. Instead of being "taught" it's like speaking with a friend. Hope Prevails Bible Study - A tool for healing, something special of Hope #HopePrevails Bible Study rocks !! Bengtson's discoveries are offered in an uncomplicated way. Written from a doctor's personal trip through depression, this research offers hope and curing in tangible ways. You can find playlists by the end of every chapter along with reflection questions. The original book Hope Prevails was a blessing to my thoroughly confused mind. The Wish Prevails Bible Research is a prescription never to just figure out how to survive but to overcome and learn to flourish despite having the unwelcome companion of depressive disorder. Michelle walks you through 12 chapters which include resources to help you along the way at the end of each chapter such as: Key thoughts, music playlist recommendations, queries for reflection, and actionable steps.who's a renowned neuro-psychologist understands first-hand what dealing with depression looks like. Dr. I go through it slowly and prayerfully and was blessed beyond words and phrases. There are many books about depression and what has been missing is a good bible study upon this topic. I consider it a prescription refill. ? Hope Prevails

Bible Study Hope Prevails is something special from God! Michelle is normally honest and transparent and by posting her journey she helps many. I am so pleased with this Bible study I am so pleased with this Bible study! New outlook for treating depression, often overlooked inside our quick-fix society! Michelle Bengtson for this wonderful book. Depression can make you feel like you are all alone Depression can help to make you feel like you are only. Dr. Bengtson's insightful mixture of two perspectives (as doctor and individual) uniquely presents refreshing outlook for treating depressive disorder, often overlooked in our quick-fix society. Because it can be done as a person or with a group it is ideal for today. Each portion of the bible research opens with a little bit about her story, followed by reflection questions, crucial thoughts from the chapter, specific next actions you can take toward curing, and a suggested playlist. Scripture and worship are used within the curing Rx Dr. Michelle prescribes. We have been loved by an incredible God and He has used Dr.. The study can be used with the Hope Prevails book as a way to move deeper or only. Michelle does not discount other notable causes of depressions(chemical substance, genetic, secondary, and reactionary), however in recognizing those causes she also points out the spiritual component that goes together with those other notable causes. It helps me delve deeper into God's promises of wish. Wish Prevails Insights from a Doctor's Personal Journey through Depression Bible Study by Dr. Michelle Bengtson, companion to her publication (by the same title), provides a methods to dig deeply in to the heart of the troubling condition, illuminating a way out." Faith in God, and having hope will be the two prevailing themes that can help us heal from depression. Michelle Bengtson in the Hope Prevails Bible Study reminds us that we are not only. But every dread is based on a lie. Michelle's profound discovery led her to realize that God's truth and His existence breathed into every person could possibly be rediscovered. By reigniting that spark of Wish, healing begins, light a way back from the darkness of despair. Wish Prevails Insights from a Doctor's Personal Journey through Depression Bible Research gives help through a soul-refreshing perspective.. If you are dealing with depressive disorder or knows someone dealing with unhappiness, this is definitely for you. This Bible Study brings hope! The Wish Prevails Bible Study continues to bring desire to others, just because the original book did. I've given Hope Prevails and the Bible Research to an 80 season old friend who is battling depression following the lack of his wife to tumor and his 50 12 months old daughter to cancer. I shared Dr. Bengtson provides additional personal narratives and insights that help to make her points individually applicable. This Bible Research brings wish! In the Wish Prevails Bible Research, Dr.! This reserve is so amazing, I cannot put it down. Yet you get to choose which will reign. Essential read whether you have depression or know someone who is certainly going through this. You will want to add this to your Xmas list today - whether for yourself

or someone you know? There's HOPE When You Struggle with Depression! I'm exuberant that I'll have the companion Bible study book. Years ago I struggled with clinical depression. It was a very dark period and I was desiring something like the "Hope Prevails" publication and bible study. What I love about Dr. Michelle Bengtson is usually that she is the real deal as she shares her personal difficult journey with unhappiness. AND she is a health care provider so she understands depressive disorder from both sides. If you want some support, then this study may bring the hope you should restore your emotional health as you walk the road of depression. Check it out and be sure to order a copy or 2! That is great study for yourself, or small group or one-on-one. You will not be disappointed. You will discover a playlist at the end of every chapter along with a suggested bible verse to assist you break those chains. In the event that you or anyone you know anyone is battling with major depression, this is essential read. Despair is a complex concern, but Dr. Note: I received a sophisticated reader copy from the publisher. Hope Prevails bible research is the best book I've read about depression and how to handle it. "We've a very actual enemy, and our concern with him only enhances is definitely power. It can help. Thank you Dr. Together with the first books reflections (Rx) questions these questions allow me to dig deeper into what provides held me back again from totally holding to the data that Hope Prevails! Hope Does prevail Dr. Michelle Bengtson, can be spreading a lot more Hope with her new Bible Study.. Dr's RX: Hope Prevails Bible Study This study is an extension of the Hope Prevails book but may be used as a stand alone study. You will find it Readable and insightful.. Hope Prevails bible research is the greatest book I've read about depression and how to handle. In the event that you or someone you like is experiencing depression please understand this book. He'd like us to trust that we are slaves to your past, to your mistakes, to our sin, even our depression. When she noticed traditional treatment wasn't addressing despair as commonly thought, she turned to a more unconventional (but established) means."



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