



### Practice Mindfulness and Gratitude

In a world full of noise and distractions, mindfulness anchors your soul and gratitude awakens your spirit. Mindfulness is simply being fully present—aware of God's presence, your breath, your thoughts, and the moment you're in. It calms depression and invites clarity. Gratitude shifts your focus from what's missing to what's already a blessing.

Start each day by pausing for a few quiet moments. Breathe deeply. Whisper, "Thank You, Lord." Notice His goodness in small things—a sunrise, a kind word, or the strength to keep going. Write down three blessings daily. Over time, this simple habit renews your mind, improves emotional balance, and deepens your walk with God.

*"In everything give thanks..."* — 1 Thessalonians 5:18

When you practice mindfulness and gratitude, you're not just surviving—you're sowing peace and joy into your soul. Slow down. Breathe. Give thanks. God is here—and that changes everything.

### Restored to Purpose — Reborn with Vision

You were never meant to live in pieces. What was broken can be restored. What was lost can be found. At Vision Reborn, we believe that healing is not the end—it's the beginning.

God restores not just for comfort, but for calling. He takes what life shattered and breathes new life into it—reviving dreams, renewing hope, and reawakening purpose. Being *reborn with vision* means seeing your life through the eyes of destiny and divine design.

You are not forgotten. You are not disqualified. You are being *restored to purpose*—refined by grace, realigned with truth, and reignited by vision.

This is your time to rise, not as who you were, but as who you were always meant to be. Let the restoration begin. Let the vision come alive. Welcome to a place where your past no longer defines you—Vision Reborn.

### Our Mission

Restored to Purpose, Reborn with Vision

### Our Vision

To be a beacon of hope and renewal, fostering a world where individuals experience deep healing, spiritual transformation, and the fulfillment of their God-given potential—empowered to live with purpose, faith, and wholeness.



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## Overcoming Depression Peace Through God's Presence

*"The Lord is close to the brokenhearted and saves those who are crushed—in spirit."*

**Psalm 34:18**

Depression may feel like a silent storm—one that dims your hope, steals your strength, and whispers that joy is out of reach. But I want you to hear this clearly: you are not broken beyond repair, and you are not alone. God sees you in the valley, and He walks with you through the shadows.

In Christ, even your darkest days can be turning points. God doesn't just rescue—He restores. And no matter how deep your pain, His love goes deeper.

*"The light shines in the darkness, and the darkness has not overcome it."* — John 1:5

**You Are Not Being Defeated  
You Are being Developed**

## What is Depression

Depression is more than feeling sad—it's a deep emotional weight that affects how you think, feel, and live each day. It may feel like a heavy fog, making it hard to find joy, connect with others, or complete simple tasks. You might feel tired all the time, lose interest in things you once loved, or struggle with feelings of hopelessness.

Many people silently suffer, but depression is not weakness—and it's not something to hide. It's a **real condition** that affects the whole person: body, mind, and spirit.

At Vision Reborn, we believe depression is not your identity—it's your current battle, and battles are meant to be overcome. God sees your pain and offers peace, healing, and renewed hope.

*"The Lord is close to the brokenhearted and saves those who are crushed in spirit."* — Psalm 34:18

You don't have to walk through this alone. **There is help. There is healing. There is hope.**

## Types of Depression

Understanding what type of depression you may be experiencing is essential. Here are the common types:

1. **Major Depressive Disorder (MDD):** Persistent sadness, loss of interest, difficulty functioning.
2. **Persistent Depressive Disorder (Dysthymia):** Long-term, low-grade depression lasting for 2+ years.
3. **Postpartum Depression:** Intense depression following childbirth.
4. **Seasonal Affective Disorder (SAD):** Depression that comes and goes with seasons, usually in winter.
5. **Situational Depression:** Triggered by major life events like loss, trauma, or crisis.
6. **Spiritual Depression:** A soul-deep weariness caused by disconnection from God, purpose, or hope.



*"Why, my soul, are you downcast? Put your hope in God."* — Psalm 42:5

## What Causes Depression?

Depression can stem from a variety of sources—often overlapping and influencing each other. Understanding the roots helps us find the right path to healing.

**Biological:** Our brains are created with a complex balance of chemicals and hormones. When that balance is disrupted—through genetics, hormonal shifts, or neurological conditions—it can lead to prolonged sadness and fatigue. This isn't a sign of weak faith, but a call to seek both spiritual and practical support.

**Emotional:** Life is filled with pain—grief, trauma, abuse, rejection, or overwhelming stress. When these emotions go unprocessed or are carried too long, they weigh down the heart. God invites us to bring our sorrows to Him, not suppress them.

**Spiritual:** Depression can arise when we feel distant from God, disconnected from our purpose, or forgotten in our suffering. Spiritual depression is real—but so is spiritual healing. Time in prayer, worship, and the Word can reignite the light of hope.

**Environmental:** Our surroundings shape our mental health. Ongoing stress, isolation, unhealthy relationships, or economic hardship can lead to feelings of despair. We may not control every environment, but we can invite God's peace into it.

**Physical:** The body and spirit are deeply connected. When your body is exhausted, malnourished, or in pain, it can affect your mood and motivation. God calls us to honor our bodies and find rest, rhythm, and nourishment.

## Symptoms of Depression

- **Constant sadness or emptiness:** A deep emotional heaviness that doesn't lift, even in moments of happiness.
- **Fatigue or lack of energy:** Feeling exhausted, drained, or sluggish even after rest, making daily tasks feel overwhelming.
- **Loss of interest in things you used to enjoy:** Activities, hobbies, or relationships that once brought joy now feel meaningless.
- **Feelings of worthlessness, guilt, or failure:** Persistent negative thoughts about yourself, often with a sense of shame or self-blame.
- **Difficulty concentrating:** Trouble focusing, remembering details, or making decisions due to mental fog or distraction.
- **Appetite or weight changes:** Eating significantly more or less than usual, with noticeable changes in body weight.
- **Sleep disturbances—too much or too little:** Insomnia, restless nights, or oversleeping can all be signs of inner distress.
- **Thoughts of death or suicide:** Feeling hopeless or believing that others would be better off without you. These thoughts are serious and require immediate support and intervention.

## Solutions

**1. Cry Out to God:** Acknowledge your pain in prayer. Pour out your heart to the Lord. Like David, say, "Why, my soul, are you downcast? Put your hope in God" (Psalm 42:11).

**2. Renew Your Mind Daily:** Replace dark thoughts with God's truth. "Be transformed by the renewing of your mind" (Romans 12:2). Speak life over yourself.

**3. Surround Yourself with Light:** Spend time in worship, praise, and Scripture. Depression feeds on darkness—light disrupts it.

**4. Connect with Life-Giving People:** Isolation fuels depression. Seek out wise, compassionate believers and counselors who listen and encourage.

**5. Break the Cycle of Shame:** Refuse to suffer in silence. Depression is not a failure of faith. It is a signal, not a sin. "There is no condemnation for those in Christ Jesus" (Romans 8:1).

**6. Rest and Replenish:** Take care of your body. Eat, sleep, and move. Elijah was depressed, and God first gave him food and rest (1 Kings 19:5-8).

**7. Rebuild Hope with Small Wins:** Set simple, achievable goals. Celebrate progress. Victory over depression happens step by step, not all at once.

**8. Serve and Shift Your Focus:** Help someone else. Acts of kindness stir joy. "It is more blessed to give than to receive" (Acts 20:35).

**9. Declare God's Promises:** Speak life. Write and declare scriptures like Jeremiah 29:11 and Isaiah 41:10. Depression silences, but God's Word speaks power.

**10. Seek Anointed Counsel:** Get Christian counseling. "Plans fail for lack of counsel, but with many advisers they succeed" (Proverbs 15:22). Healing often comes through wise guidance.

**11. Praise Until You Break Through:** Praise is a spiritual weapon. Depression may not flee instantly, but praise weakens its grip.

**12. Embrace the Process:** Healing is a journey. God is with you in the valley, not just the mountaintop. "Even though I walk through the valley... You are with me" (Psalm 23:4).

**You are not being defeated—you're being developed.**

This valley is not your destination, but a path to deeper strength and greater purpose. God is with you in every tear, every silence, and every step.

*"The Lord is close to the brokenhearted."* —Psalm 34:18  
**Hold on—your breakthrough is on the way.**