

DEPRESSION

SCRIPTURE READING PLAN

SCRIPTURE

- Isaiah 40:28-31
- Romans 15:13
- Lamentations 3:20-24
- 1 Peter 5:6-11

FOLLOW THE DAILY ROAD

The Daily ROAD is a simple framework that will help you gain courage to approach Scripture and give you focus and depth to your time, no matter where you are in your walk with Christ. This framework will work for you if you have 10 minutes or 1 hour.

- READ
- OBSERVE
- APPLY
- DISCUSS

[Learn the Daily ROAD framework](#)

**Want to read more Scripture?
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