DEPRESSION WORLDWIDE

322 MILLION

People worldwide living with depression

5.2%

of adults worldwide



Source: WHO, 2023 estimates (updated September 2026)

A PLACE OF CHANGE MINISTRY


A PLACE OF CHANGE
MINISTRY
STOP WHAT YOU'RE DOING.
SHARE THIS MESSAGE.
OUR YOUTH NEED IT.


ENCOURAGE
YOURSELF
A PLACE OF CHANGE
MINISTRY


This is the day which the LORD hath made; we will rejoice and be glad in it.
PSALM 118:24 KJV
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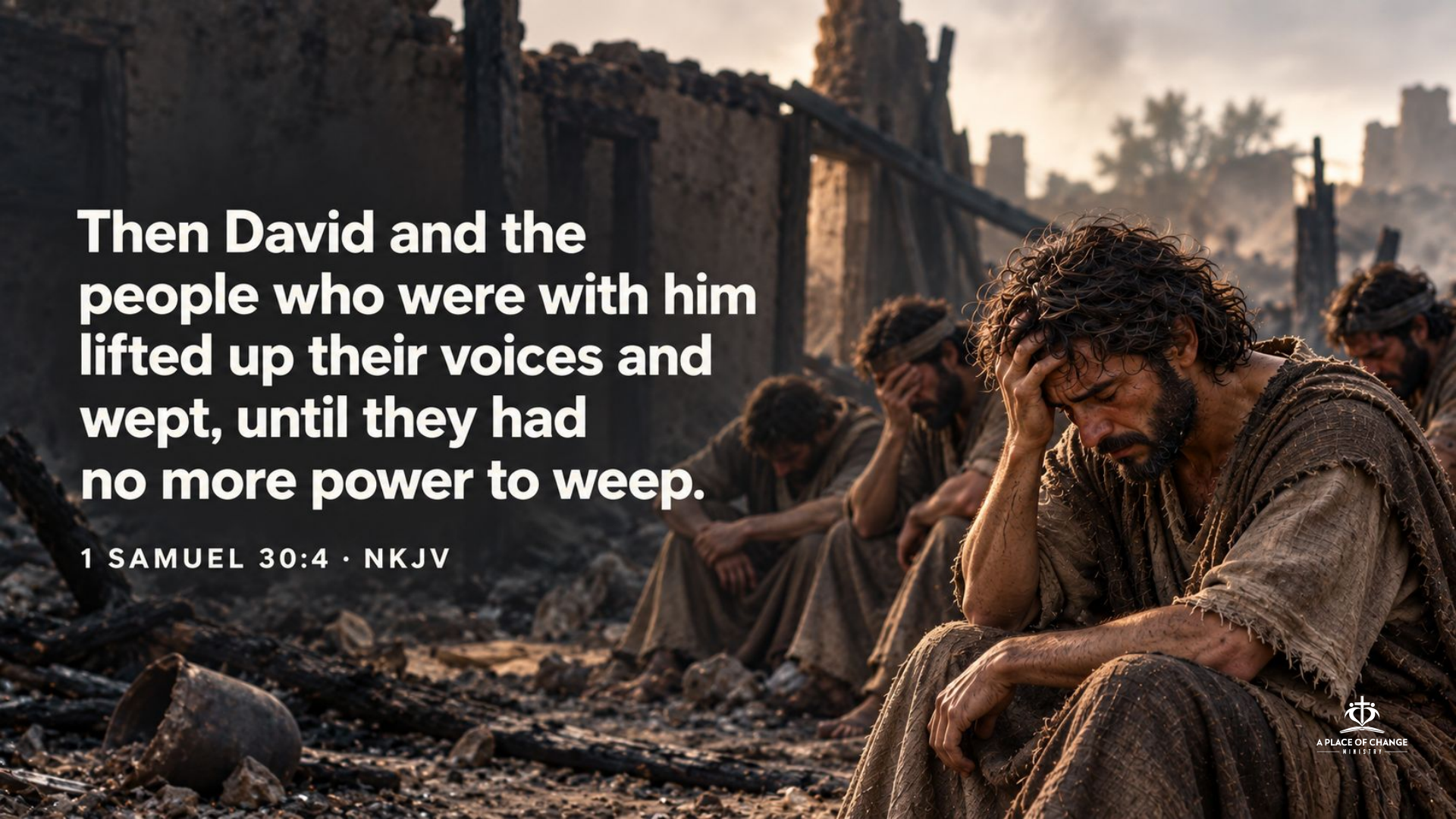

Now it happened, when David and his men came to Ziklag, on the third day, that the Amalekites had invaded the South and Ziklag, attacked Ziklag and burned it with fire,
1 SAMUEL 30:1 · NKJV
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DISASTER 1
THE HOME BURNED
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MINISTRY

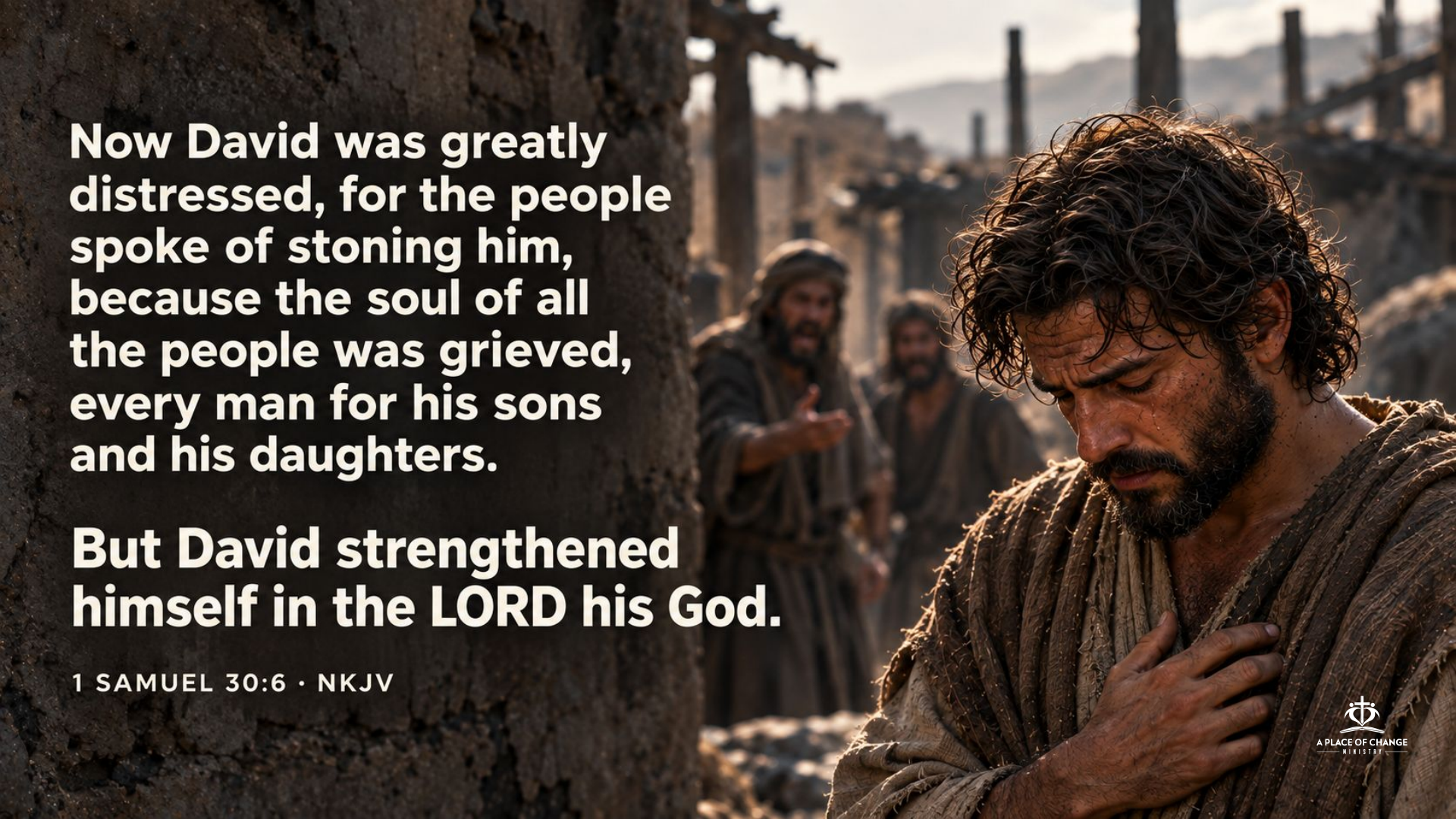

and had taken captive the women and those who were there, from small to great; they did not kill anyone, but carried them away and went their way.
1 SAMUEL 30:2 • NKJV
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DISASTER 2
THEIR FAMILIES TAKEN
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So David and his men came to the city, and there it was, burned with fire; and their wives, their sons, and their daughters had been taken captive.
1 SAMUEL 30:3 · NKJV
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Then David and the people who were with him lifted up their voices and wept, until they had no more power to weep.
1 SAMUEL 30:4 · NKJV
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And David’s two wives, Ahinoam the Jezreelitess, and Abigail the widow of Nabal the Carmelite, had been taken captive.
1 SAMUEL 30:5 · NKJV
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Now David was greatly distressed, for the people spoke of stoning him, because the soul of all the people was grieved, every man for his sons and his daughters.
But David strengthened himself in the LORD his God.
1 SAMUEL 30:6 · NKJV
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DISASTER 3
HIS OWN MEN THREATEN HIS LIFE
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WAKE UP → REJOICE → GET HIT → ENCOURAGE YOURSELF → KEEP MOVING
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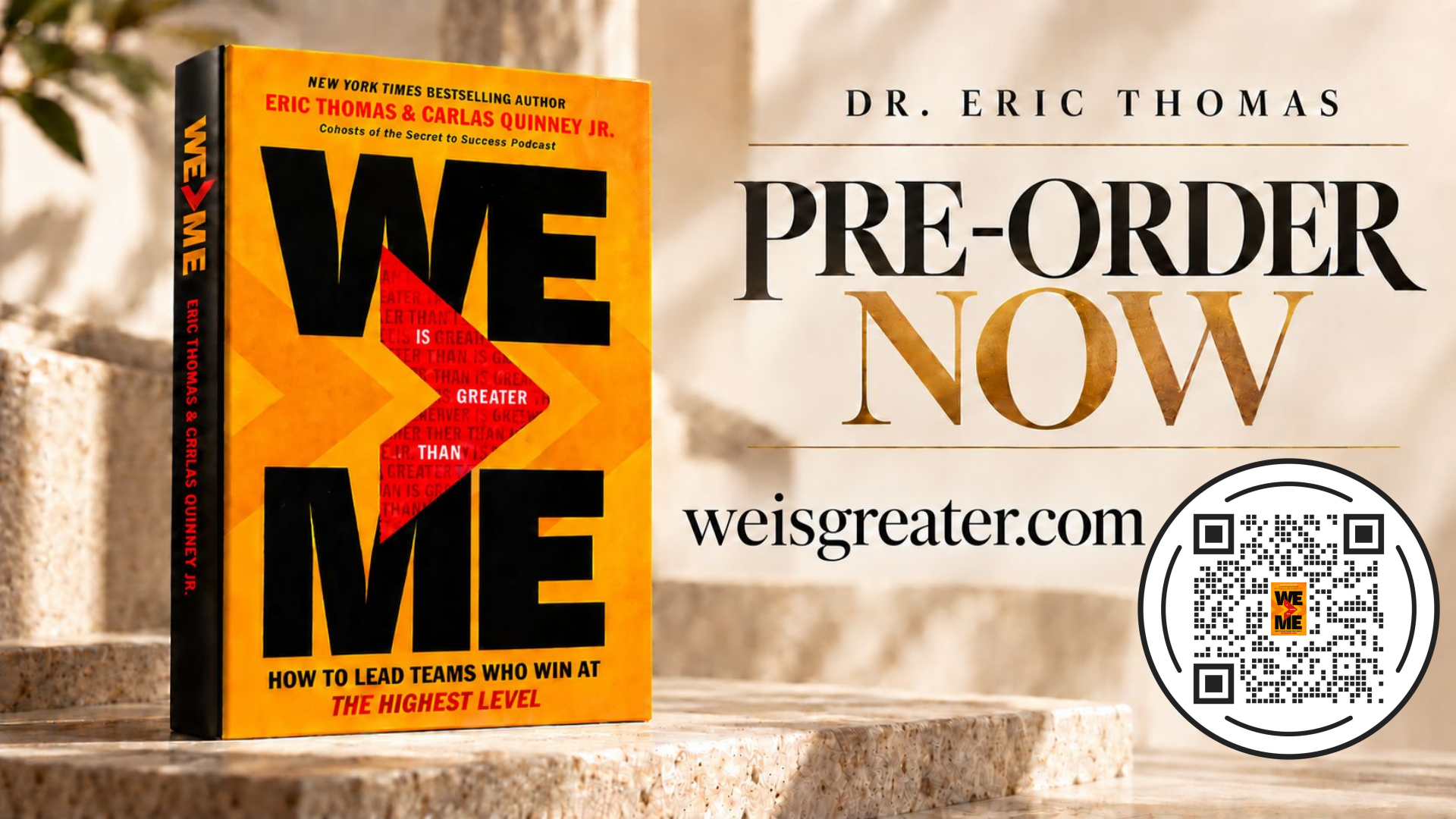

WAKE UP.
This is the day the Lord has made.
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REJOICE
I will rejoice and be glad in it.
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GET HIT.
Life happens. Problems come. People disappoint you.
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ENCOURAGE YOURSELF
I remind myself who God is and what He has said.
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KEEP
MOVING.
I refuse to allow one difficult
moment to become my entire day.
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