

Endorsements for *“Hope Prevails Bible Study”* by Dr. Michelle Bengtson

The Hope Prevails Bible Study is like having your own personal psychologist leading you through the tangled thoughts of a depressed person. The insightful and probing questions allow the reader to unwrap those thoughts, exposing them to the light. It offers practical exercises, which when followed, can open up doors to understanding and healing depression. Dr. Bengtson understands the tyranny of depression because she was once severely depressed herself. She approaches this subject matter not only as a doctor but also as one who’s been there. She does it with easy-to-understand language, with compassion, and with wisdom. Unlike many doctors who treat only the physical, mental, and emotional aspects of this condition, Dr. Bengtson has the courage to address the spiritual aspect. She does it masterfully, having discovered the importance of the spiritual component in any healing scenario.

Peg Bradley, Author,  
*The Tree: When Price Takes a Fall*

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Dr. Michelle Bengtson has done it again. The Hope Prevails Bible Study delivers the same great authentic connection, raw insights, and powerful truths that we received from her book *Hope Prevails: Insights From a Doctor’s Personal Journey Through Depression*. Being in church ministry for many years, and now a lead pastor, I see this study not only as a great resource for individuals, but it would be highly beneficial to both church and counseling groups.

Dr. Bengtson is not just a neuropsychologist; she is a person who has also experienced the journey from depression to health. Her experiences allow her to uniquely sympathize with people in the midst of depression. The Hope Prevails Bible Study combines her experiences and knowledge to infuse strength and hope into anyone who participates in it.

Pastor Debbie Kitterman, Founder of Dare 2 Hear Ministry

International Speaker and Author, *Releasing God’s Heart through Hearing His Voice*

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Dr. Michelle Bengtson has a gift for sharing her vulnerability through her personal battle with depression. Using her personal and professional experience, Dr. Bengtson bridges the gap between hope and despair for her readers and leads them straight into the heart of God where healing can begin. This Bible study is beautifully crafted as a companion or independent resource to *Hope Prevails* and is an invaluable resource essential to any library.

Donna Hughes

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Prior to reading *Hope Prevails: Insights From a Doctor’s Personal Journey Through Depression*, I was always at a loss as to what to say to someone held in the grips of depression. Nor was I equipped to handle my own moments of deep insecurity and pain. Reading *Hope Prevails* gave me a better understanding of depression and how it affects a person’s entire being – mind, body, and soul. But it was when I worked through the Hope Prevails Bible Study, taking the time to really look inside my own heart and beliefs that I gained greater awareness of how deep the spiritual roots of depression truly run.

This Bible study helped reveal in my own life an awareness that I am not immune to believing many of the lies of the enemy that keep me from truly seeing myself as God sees me. Though I may never have been given a diagnosis of depression by a doctor, I need to do the work contained in the pages of the Hope Prevails Bible Study to be set free from strongholds in my life that have help me captive for far too long. And I truly believe that the truths from God's Word that are presented in this Bible study can set you free as well!

Gina Kelly

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Dr. Bengtson takes our hand, as she promises, and walks us out of the lies that the enemy has whispered in our ears – sometimes for our whole lives – that have led to our depression, self-doubts and brokenness. Having learned for herself, through many storms and trials, that He is always our healing path and ultimate answer, she gently and skillfully applies God's truth to wounded places of the heart. Her vulnerable personal stories, along with her doctor's perspective, let us know she's been there, too, and she knows what she's talking about. The questions lead us to delve into the Word of God and do the work we need to do for our own healing to begin.

Mary Lee Morgan