

## About Raphah Ministries

*Raphah Ministries is a non-denominational Christian healing and discipleship ministry with a vision to touch believers with the Father-Heart of God, and rebuild lives damaged in the course of living out our God-given destinies. Raphah Ministries is also committed to equip and resource the local church to carry out this task.*

*The Ministry had its beginnings in a prayer support group and grew out of the desire of a number of alumni of the Ellel Ministries' International Schools of Evangelism, Healing and Discipleship to establish a local ministry and training centre where believers could come and receive teaching, be trained and equipped to serve the Body of Christ.*

*Based at "Beit Raphah" – House of Healing – located in the residential suburb of Petaling Jaya, Raphah Ministries is served by a Leadership Team comprising believers from different congregations, and the Leadership Team is in turn advised by a panel of senior Christian leaders of the Malaysian Church community.*

*Raphah Ministries is registered in Malaysia as Life Rebuilders (M) Sdn. Bhd. [534687-U]*

### FOR OFFICE USE

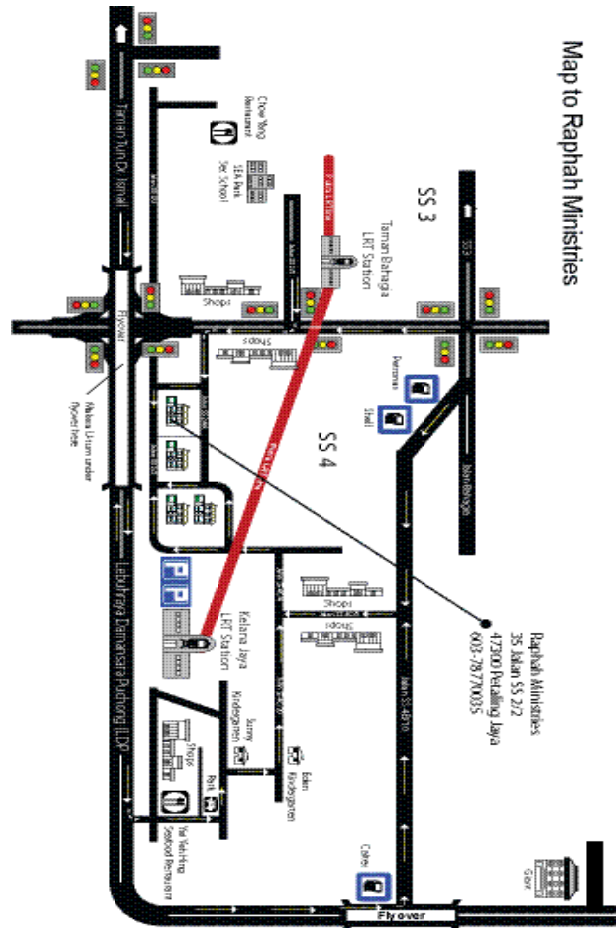
Date Received: \_\_\_\_\_

Payment Received:

- Cash  
 Cheque No: \_\_\_\_\_

Payment Acknowledged:

- By Phone       At Registration  
 By Email



### Life Rebuilders (M) Sdn. Bhd. (534687-U)

#### PJ Centre

35 Jalan SS 2/2, 47300 Petaling Jaya,  
 Selangor Darul Ehsan.  
 Phone: 603-78770035  
 Fax: 603-78772036  
 Email: raphah@streamyx.com  
 Website: www.raphahministries.org.my

#### Ipoh Centre

Lot 303, Unit A-2-2 Tingkat 2,  
 Intan Business Centre,  
 Jalan Medan Ipoh 2, Bandar Baru Medan Ipoh  
 31400 Ipoh  
 Perak Darul Ridzuan  
 Email: raphahipoh@gmail.com



# Understanding & Overcoming Depression

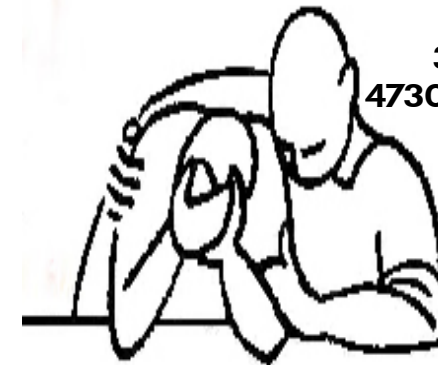
a one-day Raphah Ministries seminar

**Date & Time:**

**Saturday**  
**13 March 2010**  
**9.00 a.m. – 5.00 p.m.**

**Venue:**

**Beit Raphah**  
**35 Jalan SS 2/2**  
**47300 Petaling Jaya**  
**Selangor**



**Cost:**

**RM40.00**

(fee is inclusive of training, workbook & refreshments)

please note that a surcharge of RM10.00 is applicable for registrations received after the closing date of Wednesday, 10 March 2010

## About the Seminar

**W**e all experience difficulties in life: failures, regrets, loss of loved ones, problems at work, deteriorating relationships, etc., that cause us to feel moody or depressed. In most cases these “mood swings” pass as the difficulties and problems are resolved or overcome. However, in some situations, these moody feelings—like a blanket of weariness and heaviness of heart—can persist and develop into episodes of depression.

Such severe or prolonged depression can affect a person’s thoughts, health, appetite, sleep, energy, work, relationships, behaviour and more. As a matter of fact, people who suffer from depression find it a real struggle to function normally despite their previous ability to handle changes and challenges. A common feeling often experienced is that of being wrapped in a dark cloud of misery and despair that seems impossible to escape from!

A depressive disorder is a “whole-person” illness involving spirit, soul and body and not just a passing blue mood or condition that can be willed or wished away. It is a psychiatric condition, and sufferers cannot merely “pull themselves together” and get better.

The good news is that depression can be treated and overcome. People suffering from depression can recover and need not have the symptoms last for weeks, months or years. Appropriate treatment coupled with an understanding of the spiritual—as well as psychological—nature of depression, the combination of factors that cause depression, and learning to recognize the signs and triggers can greatly help a person towards recovery and healing in God.

This seminar on **Understanding and Overcoming Depression** begins by examining the extent to which depression is a problem of the emotions, the consequences of sin, the activity of spiritual powers or a combination of all three. The second session looks at and considers some of the causes and triggers commonly associated with depression, and the “cures” often prescribed for their healing. After lunch, the third session offers a Christian perspective to appreciating and understanding depression, and offers some practical suggestions and spiritual keys for the overcoming of depression. The last session concludes the teaching, answers questions raised, as well as a short time to pray for the participants and their needs in this area.

## Seminar Details

Date: **Saturday  
13 March 2010**

Time: **9.00 am - 5.00 pm**

Venue: **Beit Raphah  
35 Jalan SS 2/2  
47300 Petaling Jaya**  
(adjacent to Kelana Jaya LRT station  
car park and facing the LDP)

Fee: **RM40.00**  
(teaching, workbook & refreshments)  
Kindly note that registration fees are NOT  
REFUNDED in the event of absence or  
failure to attend the seminar.

Late Fee: A late registration fee of **RM10.00** will be  
charged for registrations received after the  
closing date.

Closing Date: **Wednesday, 10 March 2010**

## Seminar Schedule

08.30–09.00 a.m. **Registration**  
09.00–10.30 a.m. **Emotion, Sin Issue or Demonization**  
10.30–11.00 a.m. **Break**  
11.00–12.30 p.m. **Causes, Triggers and Cures**  
12.30–01.30 p.m. **Lunch**  
01.30–03.00 p.m. **Overcoming Depression**  
03.00–03.30 p.m. **Break**  
03.30–05.00 p.m. **Conclusion & General Ministry**

## Registration Form

YES! Please register me for the following Seminar



### UNDERSTANDING & OVERCOMING DEPRESSION

**Saturday, 13 March 2010  
9.00 A.M. - 5.00 P.M.**

**Fee: RM40.00** ( Please note that a surcharge of  
RM10.00 is applicable for registra- )  
tions received after the closing date of  
Wednesday 10 March 2010

### REGISTRATION DETAILS

(registration closes **Wednesday, 10 March 2010**)

Rev/Dr/Mr/Ms/Pastor \_\_\_\_\_

Address \_\_\_\_\_

Tel (Res) \_\_\_\_\_

(Off) \_\_\_\_\_

(Fax) \_\_\_\_\_ (Mobile) \_\_\_\_\_

Email \_\_\_\_\_

Church \_\_\_\_\_

Please make photocopies of this registration form if there is more than one registration.

KINDLY NOTE THAT WALK-IN REGISTRATION IS DISCOURAGED, AND WILL BE CHARGED A SEMINAR FEE OF RM50.00.

### PAYMENT

Seminar fee of RM40.00/50.00 enclosed.

**Please note that the seminar fee is NON-REFUNDABLE but transferable to another person.**

Payment of fees by Cheque should be made out to **LIFE REBUILDERS (M) SDN. BHD.** Completed registration forms together with payment can be sent to:

**LIFE REBUILDERS (M) SDN. BHD.** [534687-U]  
35 Jalan SS 2/2, 47300 Petaling Jaya  
Selangor Darul Ehsan, Malaysia.