

Subjects Christians
Avoid

Depression

Introduction

Depression

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I. Examples of Depression (from Scripture)

1. Moses

"And I spoke to you at that time, saying: 'I alone am not able to bear you. The LORD your God has multiplied you, and here you are today, as the stars of heaven in multitude. May the LORD God of your fathers make you a thousand times more numerous than you are, and bless you as He has promised you! How can I alone bear your problems and your burdens and your complaints?'"

Deuteronomy 1:9-12 NKJV

"Where am I to get meat to give to all these people? For they weep all over me, saying, 'Give us meat, that we may eat.' **I am not able to bear all these people alone, because the burden is too heavy for me.** If You treat me like this, **please kill me** here and now-if I have found favor in Your sight-and do not let me see my wretchedness!"

Numbers 11:13-15 NKJV

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I. Examples of Depression (from Scripture)

1. Moses
2. Samuel

So Samuel said to [Saul], "The LORD has torn the kingdom of Israel from you today, and has given it to a neighbor of yours, who is better than you."...And Samuel went no more to see Saul until the day of his death. Nevertheless **Samuel mourned for Saul**, and the LORD regretted that He had made Saul king over Israel...Now the LORD said to Samuel, "**How long will you mourn for Saul**, seeing I have rejected him from reigning over Israel? Fill your horn with oil, and go; I am sending you to Jesse the Bethlehemite. For I have provided Myself a king among his sons."

1 Samuel 15:28,35&16:1 NKJV

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I. Examples of Depression (from Scripture)

1. Moses
2. Samuel
3. Saul

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I. Examples of Depression (from Scripture)

1. Moses
2. Samuel
3. Saul
4. Elijah

1 Kings 19:1-15

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I. Examples of Depression (from Scripture)

1. Moses
2. Samuel
3. Saul
4. Elijah
5. Jeremiah

I did not sit in the assembly of the mockers, Nor did I rejoice; I sat alone because of Your hand, For You have filled me with indignation. Why is my **pain perpetual** And my **wound incurable**, Which refuses to be healed? Will You surely be to me like an **unreliable stream**, As waters that fail?

Jeremiah 15:17-18 NKJV

Cursed be the day in which I was born!
Let the day not be blessed in which my
mother bore me!

Why did I come forth from the womb
to see labor and sorrow, That my days
should be consumed with shame?

Jeremiah 20:14&18 NKJV

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- I. Examples of Depression (from Scripture)
- II. How Does the Bible Describe Depression?

For the enemy has persecuted my soul; He has **crushed my life** to the ground; He has **made me dwell in darkness**, Like those who have long been dead. Therefore **my spirit is overwhelmed** within me; **My heart within me is distressed**...Answer me speedily, O LORD; **My spirit fails!** Do not hide Your face from me, Lest I be like those who go down into the pit.

Psalm 143:3-4&7 NKJV

Anxiety in the heart of man
causes depression, But a
good word makes it glad.

Proverbs 12:25 NKJV

As a deer pants for flowing streams, so pants my soul for you, O God. **My soul thirsts for God**, for the living God. When shall I come and appear before God? **My tears have been my food day and night**, while they say to me all the day long, “Where is your God?” These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. **Why are you cast down, O my soul, and why are you in turmoil within me?** Hope in God; for I shall again praise him, my salvation.

Psalm 42:1-5 ESV

Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise
him, my salvation.

(11) Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise
him, my salvation and my God.

Psalm 42:5&11 NKJV

When I kept silent, **my bones
grew old** Through **my groaning**
all the day long. For day and
night Your hand was heavy upon
me; **My vitality was turned into
the drought of summer.** Selah.

Psalm 32:3-4 NKJV

Psalm 102:1-11

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How Does the Bible Describe Depression

1. Worn out by responsibilities.
2. Overcome by the pressure to perform/succeed.
3. Unstable emotions, poor decisions
4. Emotional outbursts ranging from anger to weeping.
5. Overwhelming fear/anxiety/worry or sorrow/sadness.
6. Mourning some type of loss or death of a friend/loved one.
7. Trouble eating and sleeping.
8. Emotional distress may result in physical pain.
9. Overcome by guilt/unconfessed sin.
10. Feeling isolated and alone. Possibly ignored, even betrayed.
11. Possibly despairing of life, itself. **12. Doubting God

A Clinical Description of Depression

1. A depressed or irritable mood **most of the time**.
2. A loss or decrease of pleasure or interest in most activities, including previous ones that gave satisfaction.
3. Significant changes in weight or appetite. ***Poss health issue**
4. Trouble falling asleep or sleeping too much.
5. Feeling restless most days.
6. Feeling tired, sluggish, & having low energy most days.
7. Headaches or body aches w/o any apparent physical cause.
8. Having feelings of worthless or excessive guilt most days.
9. Trouble w/ thinking, focusing, creativity, decision-making.
10. Having thoughts of dying or suicide.

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- I. Examples of Depression (from Scripture)
- II. How Does the Bible Describe Depression?
- III. How Does the Bible Handle Depression?

I sought the LORD, and He heard me, And delivered me from all my fears. This poor man cried out, and the LORD heard him, And saved him out of all his troubles.

Psalm 34:4&6 NKJV

The righteous cry out, and **the LORD hears**, And **delivers them** out of all their troubles. **The LORD is near to those who have a broken heart**, And saves such as have a contrite spirit. Many are the afflictions of the righteous, But **the LORD delivers him** out of them all.

Psalm 34:17-19 NKJV

<<A Psalm of David when he fled
from Absalom his son.>>

LORD, how they have increased
who trouble me! Many are they who
rise up against me. Many are they
who say of me, "There is no help for
him in God." Selah But You, O
LORD, are a shield for me, My glory
and **the One who lifts up my head.**

Psalm 3:1-3 NKJV

For indeed, when we came to Macedonia, our bodies had no rest, but we were troubled on every side. Outside were conflicts, inside were fears. Nevertheless **God, who comforts the downcast, comforted us by the coming of Titus,**

2 Corinthians 7:5-6 NKJV

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4:6-7 NKJV

Why are you cast down, O my soul?
And why are you disquieted within
me? **Hope in God**, for I shall yet praise
Him For **the help of His [presence]**
...**The LORD will command His
lovingkindness** in the daytime, And in
the night His song shall be with me-A
prayer to the God of my life.

Psalm 42:5&8 NKJV

Therefore **humble yourselves**
under the mighty hand of God,
that **He may exalt you** in due
time, **casting all your care upon**
Him, for **He cares for you.**

1 Peter 5:6-7 NKJV

If any of you lacks wisdom, let him **ask of God**, who gives to all liberally and without reproach, and **[wisdom] will be given to him**. But let him **ask in faith, with no doubting**, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.

James 1:5-8 NKJV

Whoever has no rule over
his own spirit Is like a city
broken down, without walls.

Proverbs 25:28 NKJV

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- I. Examples of Depression (from Scripture)
- II. How Does the Bible Describe Depression?
- III. How Does the Bible Handle Depression?
- IV. How Does the Bible Describe Jesus?

He is despised and rejected by men, **A Man of sorrows and acquainted with grief**. And we hid, as it were, our faces from Him; He was despised, and we did not esteem Him. **Surely He has borne our griefs And carried our sorrows**; Yet we esteemed Him stricken, Smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed...**He was oppressed and He was afflicted,**

Isaiah 53:3-5&7a NKJV

For we do not have a High Priest
who cannot **sympathize with our
weaknesses**, but was in all points
tempted as we are, yet without sin.

Hebrews 4:15 NKJV

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

Matthew 11:28-30 NKJV

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- I. Examples of Depression (from Scripture)
- II. How Does the Bible Describe Depression?
- III. How Does the Bible Handle Depression?
- IV. How Does the Bible Describe Jesus?

Conclusion/Application

How Does the Bible Describe Depression

1. Worn out by responsibilities.
2. Overcome by the pressure to perform/succeed.
3. Unstable emotions, poor decisions
4. Emotional outbursts ranging from anger to weeping.
5. Overwhelming fear/anxiety/worry or sorrow/sadness.
6. Mourning some type of loss or death of a friend/loved one.
7. Trouble eating and sleeping.
8. Emotional distress may result in physical pain.
9. Overcome by guilt/unconfessed sin.
10. Feeling isolated and alone. Possibly ignored, even betrayed.
11. Possibly despairing of life, itself. **12. Doubting God

How Are We to Respond to Depression

1. Don't continue in your anxiety.
2. Pour your heart out to God.
3. Keep in mind that God is near and active in our lives.
4. Know that God comforts the depressed.
5. Throw your burdens on God because He cares for you.
6. Remember that Jesus came to bear our burdens.
7. Pray in faith for wisdom from God during testing.
8. Hope in God, and trust Him for help & grace.
9. Receive the comfort and relief that God sends you.
10. Live it out. It may be hard, but so is depression.