

THE GREAT DEPRESSION

How To Deal With How You Feel – Part 1

March 8, 2009

Psalm 42

THE DO'S AND DON'TS OF DEPRESSION

1. DO FACE THE FACT OF DEPRESSION.

“Why are you downcast, O my soul? Why so disturbed within me? My soul is downcast within me... Why are you downcast, O my soul? Why so disturbed within me?” vs. 5-6, 11 (NIV)

“I can't carry all these people by myself! The load is far too heavy! I'd rather you killed me than treat me like this. Please spare me this misery!” Numbers 11:15 (NLT)

“Then he went on alone into the desert, traveling all day. He sat down under a solitary broom tree and prayed that he might die. ‘I have had enough, Lord...’” I Kings 19:4 (NLT)

2. DON'T FEAR THE FORCE OF DEPRESSION.

The causes of depression, it can be ...

■ Physical

“My tears have been my food day and night, while men say to me all day long. ‘Where is your God?’” vs. 3 (NIV)

■ Emotional

“Why are you downcast, O my soul?” vs. 5 (NIV)

■ Spiritual

“Be careful! Watch out for attacks from the Devil, your great enemy. He prowls around like a roaring lion, looking for some victim to devour.” I Peter 5:8 (NLT)

■ Personal

“For I recognize my shameful deeds...I have done what is evil in Your sight...Restore to me the Joy of your salvation...” Psalm 51:3, 4, 12 (NLT)

3. DO FIGHT THE FEELING OF DEPRESSION.

Three Steps To Take...

A. LIE DOWN: REST

“My God, my soul I downcast within me; therefore I will remember you from the land of the Jordan, the height of Hermon—from Mount Mizar.” vs. 6 (NIV)

B. LAUNCH OUT: SERVE

“My heart is breaking as I remember how it used to be; leading a great procession to the house of God, singing for joy and giving thanks—it was the sound of a great celebration!” vs. 4 (NLT)

C. LOOK UP: HOPE IN GOD

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God...” vs. 5-6a (NIV)

“I lift up my eyes to the hills- where does my help come from? My help comes from the Lord, the Maker of heaven and earth.”

Psalm 121:1-2 (NIV)