The Lord is a stronghold for the oppressed, a stronghold in times of trouble.

And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you.

Psalm 9:9-10
How Can I Face Depression?
Imagine circumstances so bleak and distressing you became despondent to the point you actually lost your will to live
FACT: Some people are more apt to struggle with this sort of depression than others

- We all have different struggles
- Patience and understanding are needed
FACT: Some people have serious clinical depression and other mental/medical issues

• Requires treatment
• Telling them to “buck up” will not help
• Can be difficult to understand
FACT: Bible tells us how some of the most godly people who ever lived became severely depressed
Moses said to the Lord, “Why have you dealt ill with your servant? And why have I not found favor in your sight, that you lay the burden of all this people on me? Did I conceive all this people? Did I give them birth, that you should say to me, ‘Carry them in your bosom, as a nurse carries a nursing child,’ to the land that you swore to give their fathers? Where am I to get meat to give to all this people? For they weep before me and say, ‘Give us meat, that we may eat.’ I am not able to carry all this people alone; the burden is too heavy for me. If you will treat me like this, kill me at once, if I find favor in your sight, that I may not see my wretchedness.”

Numbers 11:11-15
Why is light given to him who is in misery, and life to the bitter in soul, who long for death, but it comes not, and dig for it more than for hidden treasures, who rejoice exceedingly and are glad when they find the grave?

**Job 3:20-22**

Oh that I might have my request, and that God would fulfill my hope, that it would please God to crush me, that He would let loose His hand and cut me off!

**Job 6:8-9**
Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow." Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers."

I Kings 19:1-4
For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. Indeed, we felt that we had received the sentence of death.

II Corinthians 1:8-9a
• God does not promise exemption from tragedy and gut-wrenching experiences

• Being godly won’t make use immune to feelings of despair and depression

• Knowing that other godly people have suffered the same way may be helpful when we face difficulties
Moses went on to lead the Israelites for another 38 years.

And after this Job lived 140 years, and saw his sons, and his sons' sons, four generations. And Job died, an old man, and full of days.

(Job 42:16-17)

Now when the Lord was about to take Elijah up to heaven by a whirlwind, Elijah and Elisha were on their way from Gilgal. . .

And as they still went on and talked, behold, chariots of fire and horses of fire separated the two of them. And Elijah went up by a whirlwind into heaven.

(II Kings 2:1,11)
HOW?
How Can I Face Depression?

• Pray like Moses (Numbers 11:11-15)

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

1 Peter 5:6-7

Do not be anxious about anything, 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 your minds in Christ Jesus.

Philippians 4:6-7
How Can I Face Depression?

- Pray like Moses (Numbers 11:11-15)
- Remember God is in control

And the Lord said to Satan, “Behold, all that he has is in your power; only do not lay a hand on his person.”

*Job 1:12*

And the Lord said to Satan, “Behold, he is in your hand, but spare his life.”

*Job 2:6*

Even when I don’t understand
How Can I Face Depression?

• Pray like Moses (Numbers 11:11-15)
• Remember God is in control
• Keep perspective

Elijah: “I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.”

1 Kings 9:10,14

God: “Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.”

1 Kings 19:18
How Can I Face Depression?

- Pray like Moses (Numbers 11:11-15)
- Remember God is in control
- Keep perspective
- Don’t isolate myself

Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. But he himself went a day’s journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, “It is enough; now, O Lord, take away my life, for I am no better than my fathers.”

I Kings 19:3-4
How Can I Face Depression?

• Pray like Moses (Numbers 11:11-15)
• Remember God is in control
• Keep perspective
• Don’t isolate myself

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

II Corinthians 1:3-4
How Can I Face Depression?

• Pray like Moses (Numbers 11:11-15)
• Remember God is in control
• Keep perspective
• Don’t isolate myself
• Take care of myself

And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.” And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. And the angel of the Lord came again a second time and touched him and said, “Arise and eat, for the journey is too great for you.”

I Kings 19:5-7
How Can I Face Depression?

• Pray like Moses (Numbers 11:11-15)
• Remember God is in control
• Keep perspective
• Don’t isolate myself
• Take care of myself
• Focus my energy on others

Isaiah 58:6-11
It’s not all about me!
How Can I Face Depression?

- Pray like Moses (Numbers 11:11-15)
- Remember God is in control
- Keep perspective
- Don’t isolate myself
- Take care of myself
- Focus my energy on others

But why, God?
But why, God?

For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. Indeed, we felt that we had received the sentence of death.

But that was to make us rely not on ourselves but on God who raises the dead.

He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again. You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.

II Corinthians 1:8-11
How Can I Face Depression?

- Pray like Moses (Numbers 11:11-15)
- Remember God is in control
- Keep perspective
- Don’t isolate myself
- Take care of myself
- Focus my energy on others
The Lord is a stronghold for the oppressed, a stronghold in times of trouble.

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