

Psalm 88

- 1 O LORD, the God who saves me, day and night I cry out before you.
- 2 May my prayer come before you; turn your ear to my cry.
- 3 For my soul is full of trouble and my life draws near the grave.
- 4 I am counted among those who go down to the pit; I am like a man without strength.
- 5 I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care.
- 6 You have put me in the lowest pit, in the darkest depths.

Psalm 88

7 Your wrath lies heavily upon me; you have overwhelmed me with all your waves.

8 You have taken from me my closest friends and have made me repulsive to them. I am confined and cannot escape;

9 my eyes are dim with grief. I call to you, O LORD, every day; I spread out my hands to you.

10 Do you show your wonders to the dead? Do those who are dead rise up and praise you?

11 Is your love declared in the grave, your faithfulness in Destruction?

12 Are your wonders known in the place of darkness, or your righteous deeds in the land of oblivion?

Psalm 88

- 13 But I cry to you for help, O LORD; in the morning my prayer comes before you.
- 14 Why, O LORD, do you reject me and hide your face from me?
- 15 From my youth I have been afflicted and close to death; I have suffered your terrors and am in despair.
- 16 Your wrath has swept over me; your terrors have destroyed me.
- 17 All day long they surround me like a flood; they have completely engulfed me.
- 18 You have taken my companions and loved ones from me; the darkness is my closest friend.

“What are the feelings”

- *Near the grave – feels like death or a step above (vs 3-6)*
- Feels like little or no strength (v.4)
- Feels like abandoned / ignored by God (vs. 5, 14)
- Feels like rejected by God – object of His wrath (vs 6, 7, 14-17)
- Feels like his friendships / Relationships lost / broken – loneliness (v 8, 18)

“What are the feelings”

- Prayer for relief – but hard to ...
 - *praise God (v. 10)*
 - *feel His love (v. 11)*
 - *see that God can help (v.12)*
 - *hope for healing (v. 10, 12)*
- Started in childhood (v.15)
- Feelings are constant (v. 17)

IDENTIFYING DEPRESSION

- Negative Self-Talk / Thoughts
- Anger / Rebellion
- Despair Leading to Suicide Thoughts / Actions
- Feelings of Hopelessness
- Withdrawal
- Eating more or less
- Self-Abuse / Cutting
- Drinking / Drugs
- “Laziness”

MIND



BODY



YOU



SPIRIT



SOUL

CAUSES OF DEPRESSION

- Physical Body
 - Brain / Chemical Imbalances
 - Thyroid
 - Genetics
 - Diet
- Influences
 - Weather
 - Social media
 - Stress, overcommitment
 - 5+ hrs / day increased prolonged hopelessness & suicidal thoughts
 - duration linked to severity of depression & anxiety

Biblical characters

Elijah

Job

Jeremiah

David

Overcoming depression

1. No instant remedy
2. Body: see a doctor and or psychiatrist; medication
3. Saturate you mind with God's Word
4. Remind yourself who are trusting in: God
5. Others
6. Rest
7. Exercise

Conclusions

1. Depression itself is not a sin
2. The feelings of worthlessness are present:
 - a. based on success or failure (performance)
 - b. other's opinion of you
 - c. what others have done to you
 - d. your experiences

Remedy

1. Remind yourself that God's truth is superior
2. God created you and values you
3. Putting God's truth before you
4. See yourself as God sees you
5. Our hope is in God and Jesus Christ and His grace toward you.

Hebrews 4:15-16

For our high priest (Jesus) is able to understand our weaknesses. He was tempted in every way that we are, but he did not sin. Let us, then, feel very sure that we can come before God's throne where there is grace. There we can receive mercy and find grace to help in time of need.