

Finding Hope in the Face of Depression

June 23, 2019

DISCOVERING EMOTIONS

- Emotions are god given signals
 - A trusted LEFC counselor – “emotion as signals (not sinful in and of themselves) that we experience in our bodies and minds that let us know how we are doing, what we need, and how we might adjust our thoughts and behaviors in order to improve our situations, relationships, and overall well-being.”
- We can become both too emotional and/or too un-emotional
- **Feelings are pathological liars.**
- Don't pursue the feeling....Pursue Christ

DEPRESSION EXPLAINED

- **Depression is NOT their/your identity.**
 - “Medical diagnosis It is not the sun around which your whole life needs to orbit.” Mike Emlet
- **There is a scale to depression...**
 - “It is a frightful disease of the mind, turning one inward, sucking out the very marrow of a personality, until there is nothing left but darkness. It is a great weight that never lets up, never releases the sufferer from its crushing power.” Todd Peperkorn
- **Depression described Biblically**
 - Psalm 42:5-6
 - Psalm 42:11
 - Psalm 34:18
 - Psalm 143:1-4
- **Depression is NOT a sign of weak faith.**
 - “He isn't waiting for you to come out of it before walking with you, but He's eager to walk with you in the midst of it.” Randy Alcorn
- **Depression is a medical problem with spiritual ramifications**

DEPRESSION EXPOSED

- **There is no hope**
 - Lamentations 3:19-25
- **Not good enough/cant do anything**
 - Is 41:10
- **Nobody Cares for me**
 - 1 Peter 5:6-7
- **Depression is something I can fix**
 - 1 Ki 19:5-6

EXTENDING HOPE FROM THE OUTSIDE IN

- **Remember who you are!**
- **Encourage them to get help**
- **Don't make trite statements to cheer them up!**
- **Make no assumptions. Embrace the complexity.**
- **Be present and listen.**
- **Pray.**

EXTENDING HOPE FROM THE INSIDE OUT

- **We love you**
- **Don't do this alone – This is what the body is for!**
- **No judgment**

- **You are not abnormal.**
- **Hang on.**
- **Stay in the Psalms.**