

# Job 3

## Dealing with Depression

Some of the greatest and most faithful believers suffered with depression type issues. Spurgeon, Martin Luther, John Bunyan, Jonah, Moses, etc.

I. \_\_\_\_\_ in Depression.

- A. Job wishes that the \_\_\_\_\_ never came.
- B. Job wishes that he would have \_\_\_\_\_.
- C. Job Wishes that he could die \_\_\_\_\_.

### WARNING SIGNS

- ~ issues on an almost daily basis (either difficulty sleeping or sleeping too much)
- ~ Changes in appetite and weight (change of more than 5% body weight in a month) or a decrease or increase in appetite nearly every day
- ~ Decreased energy or fatigue almost every day
- ~ Difficulty concentrating, making decisions, and thinking clearly
- ~ Constant feeling of Hopelessness
- ~ Recurrent thoughts of death or suicide, a suicide attempt, a specific plan for suicide

II. \_\_\_\_\_ for Depression.

- A. You are not \_\_\_\_\_.
  - 1. God is with you.
  - 2. There are 1,000's who deal with it just like you
- B. \_\_\_\_\_ depends on things outside of ourselves and is fleeting.
- C. \_\_\_\_\_ comes from God despite our situation.

## What Can we Do?

1. Talk about it.
2. Identify the causes
3. Read and observe Scripture
4. Act on the truth
5. Look at your lifestyle
6. Resolve conflicts
7. Pray
8. Go see a Doctor

## Final Thoughts

1 Peter 5:6-7 "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup> Cast all your anxiety on him because he cares for you."

Psalms 121:1-2 I lift up my eyes to the mountains, where does my help come from?

<sup>2</sup> My help comes from the LORD, the Maker of heaven and earth.

Heb. 4:15-16 "For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. <sup>16</sup> Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Proverbs 12:25 "Anxiety in the heart of man causes depression, but a good word makes it glad"

Jesus said, "Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you, and learn from Me, because I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light"

We have \_\_\_\_\_ in God.

(Hopelessness is 1 of the biggest symptom of depression.)