

Facing Depression with a Living Faith (Part 2)

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Introduction: We will experience overwhelming emotions as we live life.

- A. We must win the battle for our thoughts by knowing God and pouring out our hearts to Him. **(Ps 61:2-3)**
 - 1. God has blessed us by giving us the ability to experience emotions.
 - 2. God understands and sent His Son to experience the pain and temptation that we do.
 - 3. We need to see Jesus and how He helps us stay in His light.
- B. While we will be examining depression, this material can be used for other emotions that may overwhelm us and make it hard to walk by faith.
 - 1. In addition to the anger family, the works of the flesh list many things that can shut your mind down! **(Gal 5:19-21)**
 - 2. Sexual sins, false religion, addictions and “such like” can take a person to a self created world where reality is not welcomed.
 - 3. The patterns we will look at in this study are the ones I have seen destroy many Christians that I was once close to. Please listen carefully!

I. We need God’s wisdom to help us in emotional times.

- A. Having strong emotions does not mean that one is sinning.
 - 1. Strong emotions can tempt us to accept a false reality. **(Ps 73:11-14)**
 - 2. Having doubts, questions or even feeling that things are true does not make us guilty of sin.
 - 3. It is like dealing with temptation, the thoughts and desires enter the mind but we can find the way of escape. Many times the battle is entirely fought within the mind! **(1 Cor 10:13; James 1:13-16)**
- B. Our knowledge of the character of God and renewing our mind through worship can keep us in reality. **(Ps 73:15-17)**
 - 1. So many strong emotions are a product of unrealistic expectations and of us trying to take on things that we should wholly give to God.
 - 2. Naaman almost let his false expectations and rash anger keep him from a dearly needed blessing. **(2 Kings 5:11-13)**
 - 3. Not all emotions are a product of immediate circumstances. Often depression can result from learning to bury anger for years.
 - 4. There are different levels of depression - Short term, Periodic and Chronic.

II. Dangers that may come with chronic depression

- A. You can become undependable. **(Mk 4:16-17)**
 - 1. You can have problems in maintaining relationships. Withdrawal becomes a pattern.
 - 2. You can be easily upset and influenced by others (Used by others).
 - 3. You can become a chronic complainer. Others may withdraw from you.

B. Reality changes easily.

1. A small event can cause a sudden 180 degree turn in how you view another.
2. You can be easily swayed by both flattery and gossip. **(Rom 16:18)**
3. You can become uncertain in things you can know but certain in things you cannot know **(Col 2:18-19)**

C. You can become ego-centered.

1. It can become all about you. You then cannot relate to or understand others.
2. You can use the faults of others (real or imagined) to build yourself up. **(Lk 18:9, 11)**
3. You can be driven by the wrong relationships. **(2 Pt 2:18-19)**
4. Pride can become a way of escape. You think you are smarter than others.

D. You can reject having a doctrinal core. **(Eph 4:13-15)**

1. Because you are already burdened you can be tempted to flee from doctrinal controversy. Without a foundation you are in great danger.
2. You can become a spiritual “marshmallow” by refusing to stand and pay a price. This can greatly affect your children in how you “protect” them.
3. You can become fearful of solid truth and of those that stand in it. **(2 Tim 1:8)**
4. You can be led to believe anything when your emotions are stirred. You then become unteachable. **(2 Tim 3:6-9)**

III. The challenge of staying faithful while experiencing chronic depression

A. Many in the church have let these issues be something we do not speak about.

1. God has given us numerous examples of men who had these struggles and we able to find comfort from God.
2. One can be faithful and have a lifetime of struggling with depression. In the scope of those I have know closely, many have.
3. These chronic issues I like to a physical handicap, no one looks down on a brother who has lost a limb and therefore has to make adjustments.
4. The real tragedy occurs when the problem is ignored.

B. Here is where you need to surround yourself with honest and understanding people who can help and protect you.

1. Consider how David helped one of his mighty men avoid sin. **(1 Sam 26:8-9)**
2. Regularly worship God and assemble with Christians. Asaph was helped!
3. Please be honest and open with your family and children. Hiding and denying these issues can destroy your children.

C. Remember the examples of Jesus. **(Heb 12:1-4)**

1. Jesus poured out “vehement cries and tears” to God **(Heb 5:7-8)**
2. He knows and understands us. Read Psalms 22 and see how He endured the cross!

Conclusion: Where would you be *without* your hurts?