

The Battle for Our Emotions “Depression”

PERSONAL APPLICATION

Review the main lesson outline briefly

1. What area of your life is causing you the most problems?
2. How have you been responding to this problem? Discuss. Is it the right way or the wrong way and why? What can you do to change?

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – Psalm 42

Thought:

Tuesday – Psalm 43

Thought:

Wednesday – Lamentations 3:19-58

Thought:

Thursday – Romans 8:35-39

Thought:

Friday – Psalm 37:3

Thought:

Saturday – Numbers 11:10-17

Sunday – “Loneliness”

The Battle for Our Emotions “Depression”

The Battle for Our Emotions

How to keep from becoming an emotional wreck!



“Depression”

The Battle for Our Emotions “Depression”

Depression
Psalm 42 & 43

THREE TYPES OF DAYS

1. **The Mountain tops**
2. **The Plains**
3. **The Valleys**

Depression is normally the result of a process rather than the consequence of one event. This process usually includes a wrong response to problems in our lives!

THE DOWNWARD SPIRAL

(The Christian Counselor’s Manual” by Jay Adams)

“The Original Problem”
Sinful response
Additional problem
Another sinful response
Additional problem
Another sinful response
ETC...

CHRISTIANS & UNBELIEVERS ALIKE BATTLE DEPRESSION

Job – Job 3:1 - **Asaph** – Psalm 73:2-3 - **Ahab** – 1 Kings 21:4-7

Moses – Numbers 11:10-15 – **Elijah** – 1 Kings 19:1-8 – **Jonah** – Jonah 4:1-3

Disappointment / Discouragement / Depression & Despair
(The key is hope)

POSSIBLE CAUSES FOR DEPRESSION

(“Christian Counseling” by Dr. Gary Collins)

Physiological / Sin & Guilt / Anger / Envy & Jealousy / Low Self esteem
Faulty thinking – negative / Unrealistic expectations / Stress
Feeling of helplessness over things we cannot control

WARNING SIGNS

(“Christian Counseling” by Dr. Gary Collins)

Unhappiness / Increased negativity / Withdrawal / Lack of physical energy

The Battle for Our Emotions “Depression”

Low Self Esteem / Talk of suicide or life having no meaning

THE KEY TO OVERCOMING:

“Complete trust in God & His plan for my life!”

Psalm 43:5

DEALING WITH DEPRESSION

1. Admit the problem
2. Acknowledge the source of the problem
3. Allow God to guide us
4. Attach to God’s family

PRACTICAL STEPS TO TAKE

Lamentations 3:19-58

1. Adjust my thinking – (19-21)
2. Accept that God loves me no matter what – (22-23)
3. Believe that God is in control & has a plan for my life – (24-38)
4. Examine my life & deal honestly with sin – (39-54)
5. Accept God’s forgiveness – (55-58)
6. Start doing the right thing – (Psalm 37:3)

*“Remember, it is a process that takes time...
Be patient & trust that God will take care of us!”*

NOTES