

**HEALING JOURNEY**  
**SEPTEMBER 19, 2022**

**SERIES: "KNOWING GOD IN MY PAIN"**

**WHEN BATTLING DEPRESSION**

When we're battling depression, it can be easy to isolate ourselves. But Healing Journey is a safe place we can come to, even when we don't have it all together. This week, we're learning how to fight depression from a spiritual perspective. Sometimes, we're facing battles that no one else can see. Maybe it's about trying to move forward after a loss, or perhaps it's an uneasiness about the future. Whatever may be causing feelings of depression, feelings of hopelessness, there is resolution. You can regain the peace you seek.

**VIDEO NOTES**

(Introduction of "Tim" by Pastor Craig.)

If you met "Tim", you wouldn't know he had made a very conscious and difficult decision just to get out of bed that day. On the outside, Tim looked \_\_\_\_\_, but on the inside, he felt \_\_\_\_\_, empty, dark, afraid and \_\_\_\_\_. He suffered from years of not only crippling depression, but serious \_\_\_\_\_ thoughts that plagued him for years and years. If you've never experienced depression, you might be dismissive if you met Tim.

Tim would want you to know that depression is not just \_\_\_\_\_ or discouragement, but it's constant darkness, it's sometimes like no \_\_\_\_\_ at all, no motivation, no hope. What's really sad is that the church should be the safest place to talk about feelings of darkness and depression, and yet, it's often \_\_\_\_\_. Sometimes there's almost stigma to it, making people feel too ashamed or \_\_\_\_\_ to talk about it, feeling like they must be doing something wrong.

When the depressed doesn't feel \_\_\_\_\_ opening up, he withdraws even more and the depression seems to compound (worsen). If you are battling depression, which is one of the most major mental health problems in our culture today, you will both identify with the following verse, and it may make you angry.

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

A "good word" could bring a bit of \_\_\_\_\_, a bit of \_\_\_\_\_.

**ROOT CAUSES OF DEPRESSION**

Depression does not discriminate, everyone suffers from it at some time or other. And there's no "one size fits all" in resolving the depression, but there are 4 root causes of depression.

1. B \_\_\_\_\_ Causes
2. R \_\_\_\_\_ Causes
3. C \_\_\_\_\_ Causes
4. S \_\_\_\_\_ Attacks

We learn from the depression of Jeremiah in Lamentations 3.

Experiences that brought about Jeremiah's depression, he witnessed:

- His family members murdered
- His closest friends taken captive
- His family members deported away
- The temple of God destroyed

Jeremiah responds to that in Lamentations 3:1-8, "I am the man who has seen affliction by the rod of the Lord's wrath. He has driven me away and made me walk in \_\_\_\_\_, rather than light. He has besieged me and surrounded me with \_\_\_\_\_ and hardship. He has made me dwell in darkness like those long dead. He has walled me in so I cannot \_\_\_\_\_; he has weighed me down with chains. Even when I call out a cry for help, he shuts out my \_\_\_\_\_."

(verses 17-18) "I have been deprived of \_\_\_\_\_; I have forgotten what prosperity is. So I say, 'My splendor is gone and all that I had hoped from the Lord.'"

(verses 19-20) Jeremiah's dark cry: "I remember my affliction and my wandering, the \_\_\_\_\_ and the gall. I well remember them, and my soul is \_\_\_\_\_ within me."

This man of God is \_\_\_\_\_. He momentarily has no \_\_\_\_\_.

### **TWO THINGS TO REMEMBER WHEN BATTLING DEPRESSION**

1. Your emotions are \_\_\_\_\_.
2. Your situation feels \_\_\_\_\_.

These two truths are true, BUT they are incomplete.

1. Your emotions are valid, BUT they're not \_\_\_\_\_.
2. Your situation feels hopeless, BUT with God, there's \_\_\_\_\_.

Even when you don't feel it, even when you don't see it, even when everything seems hopeless, with our God, there \_\_\_\_\_ is hope!

(Tarantula experiment told.) Lesson learned from the tarantula experiment:

1. \_\_\_\_\_ your emotions opens the door to \_\_\_\_\_ your emotions.
2. Because emotions are temporary, we are not going to make \_\_\_\_\_ decisions based on the current temporary emotions.
3. We are to feel our emotions, but we are not to be \_\_\_\_\_ by them.

Lamentations 3. . .

(verse 20) "my soul is downcast"

(verse 21) "and yet this I call to mind and therefore I have hope."

(verse 22) "Because the Lord's great love (hesed), we are not \_\_\_\_\_, for his compassions (rahamaw) \_\_\_\_\_ fail."

(verse 23) "They are new \_\_\_\_\_; great is your faithfulness."

## WHAT MIGHT YOU DO TO GET HELP?

- Talk to a counsellor
- Go to a doctor
- Change diet
- Exercise
- Journal
- Get in a life group (Healing Journey)
- Pray, Pause and Praise (as learned in a previous lesson)

## WHAT HAPPENS WHEN YOU DO THESE THINGS?

- You start to change your \_\_\_\_\_.
- Your posture \_\_\_\_\_ your mood, but your posture can also \_\_\_\_\_ your mood.
- When you surrender to God, you find \_\_\_\_\_ in Him.

Lamentations 3:24-26, Jeremiah says, "I say to myself, 'The Lord is my portion; therefore I will wait for him.' The Lord is good to those whose hope is in \_\_\_\_\_, to the one who \_\_\_\_\_ him; it is good to wait quietly for the salvation of the Lord."

Sometimes you just have to preach to yourself, as Jeremiah did.

(Closing comments about Tim's victory over depression.)

## DISCUSSION QUESTIONS

1. What resonated most with you in this lesson?
2. Do you battle with depression on a regular basis, on occasion or rarely?
3. When you last faced depression, what seemed to trigger it in you?
4. Naming our emotion is a major part of resolving depression. What emotion(s) do you feel when you are going through depression? (i.e. anger, anxiety, fear, disappointment, unforgiveness, etc)
5. Have you ever made a "permanent" decision based on a temporary emotion?  
How did that work for you?
6. Based on what you heard tonight, if a loved one is battling depression, how could you best support them? What would you advise them to do?