



## Depression (Part I)

### How to be Depressed:

1. Wear yourself out.
2. Shut people out.
3. Focus on the negative. (2 Corinthians 4:16; Colossians 3:1-2)
  - Depression occurs when we don't factor God in.
  - Everything - Jesus = nothing
  - Jesus + nothing = everything  
(Isaiah 43:15-16; Isaiah 43:18-19)
  - We become what we behold.
4. Live with unrealistic expectations. (Jeremiah 38:6)

Depression: Feeling stuck in a pit with no hope.

### Lamentations 3:1-26 (NIV)

*I am the man who has seen affliction by the rod of the Lord's wrath. <sup>2</sup> He has driven me away and made me walk in darkness rather than light; <sup>3</sup> indeed, he has turned his hand against me again and again, all day long. <sup>4</sup> He has made my skin and my flesh grow old and has broken my bones. <sup>5</sup> He has besieged me and surrounded me with bitterness and hardship. <sup>6</sup> He has made me dwell in darkness like those long dead. <sup>7</sup> He has walled me in so I cannot escape; he has weighed me down with chains. <sup>8</sup> Even when I call out or cry for help, he shuts out my prayer. <sup>9</sup> He has barred my way with blocks of stone; he has made my paths crooked. <sup>10</sup> Like a bear lying in wait, like a lion in hiding, <sup>11</sup> he dragged me from the path and mangled me and left me without help. <sup>12</sup> He drew his bow and made me the target for his arrows. <sup>13</sup> He pierced my heart with arrows from his quiver. <sup>14</sup> I became the laughingstock of all my people; they mock me in song all day long. <sup>15</sup> He has filled me with bitter herbs and given me gall to drink. <sup>16</sup> He has broken my teeth with gravel; he has trampled me in the dust. <sup>17</sup> I have been deprived of peace; I have forgotten what prosperity is. <sup>18</sup> So I say, "My splendor is gone and all that I had hoped from the Lord." <sup>19</sup> I remember my affliction and my wandering, the bitterness and the gall. <sup>20</sup> I well remember them, and my soul is downcast within me. <sup>21</sup> Yet this I call to mind and therefore I have hope: <sup>22</sup> Because of the Lord's great love we are not consumed, for his compassions never fail. <sup>23</sup> They are new every morning; great is your faithfulness. <sup>24</sup> I say to myself, "The Lord is my portion; therefore I will wait for him." <sup>25</sup> The Lord is good to those whose hope is in him, to the one who seeks him; <sup>26</sup> it is good to wait quietly for the salvation of the Lord.*