



# ***“How A Disciple Deals With Depression”***

## **GULF SHORES CHURCH OF CHRIST**

*Sunday Evening Message (May 13, 2018) by Ray Reynolds*

Introduction: Solomon once said, *"Anxiety in the heart of man causes depression, but a good word makes it glad"* (**Proverbs 12:25**). That's a good place to start. This short proverb gives both a diagnosis and prescription to what is quickly becoming the plaque of the century. There are more than 40 million people in America struggling with anxiety and depression. We face a lot of confusion and apprehension when we discuss this sensitive topic, but it is one that can no longer be ignored. The Lord does not want us to carry this burden (**Matthew 11:28-30**). Many Bible characters dealt with depression. We as disciples of Jesus Christ are not immune to depression. How do we deal with it? Let's study together...

### Discussion:

#### **I. Seven Scriptures for Dealing with Depression**

- *"But you, O LORD, are a shield about me, my glory, and the lifter of my head"* (**Psalms 3:3**).
- *"Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD"* (**Psalms 32:10**).
- *"When the righteous cry for help, the LORD hears and delivers them out of all their troubles"* (**Psalms 34:17**).
- *"Trust in the LORD and do good; dwell in the land and befriend faithfulness. Delight yourself in the LORD, and He will give you the desires of your heart"* (**Psalms 37:3-4**).
- *"I waited patiently for the LORD; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear and put their trust in the LORD"* (**Psalms 40:1-3**).
- *"Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation and my God"* (**Psalms 42:11**).
- *"Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me"* (**Psalms 50:15**).

#### **II. Nine Strategies for Dealing with Depression**

- Describe Your Experiences
- Identify the Causes
- Consider the Scriptures
- Spend Time in Prayer
- Believe the Truth, Stop Believing Lies
- Look at Your Lifestyle Choices
- Resolve Conflicts
- Seek to Serve Others
- Get Help

Conclusion: You may not be struggling with depression. If not, that means we need to equip you as a caregiver! We should show active love for God and for others. However, if you are dealing with depression, please know that you are not alone. God is with you. Your brethren are here for you. You can get through this time in your life. Repent. Pray. Give it to God!