

Hope When I'm Depressed

The unrelenting pain of unforgiveness, the poison of bitterness, the short breaths of anxiety, the cancer of lust, the devastation of volcanic anger, the ravages of insane jealousy, the inescapable ruts that lead to strife and broken relationships, habitual patterns that drag one into depression all have one thing in common: They are related to our emotions. – Faith and Feelings pg 20

Proverbs 16:32

Whoever is slow to anger is better than the mighty,
and he who rules his spirit than he who takes a city.

I. What do our emotions tell us?

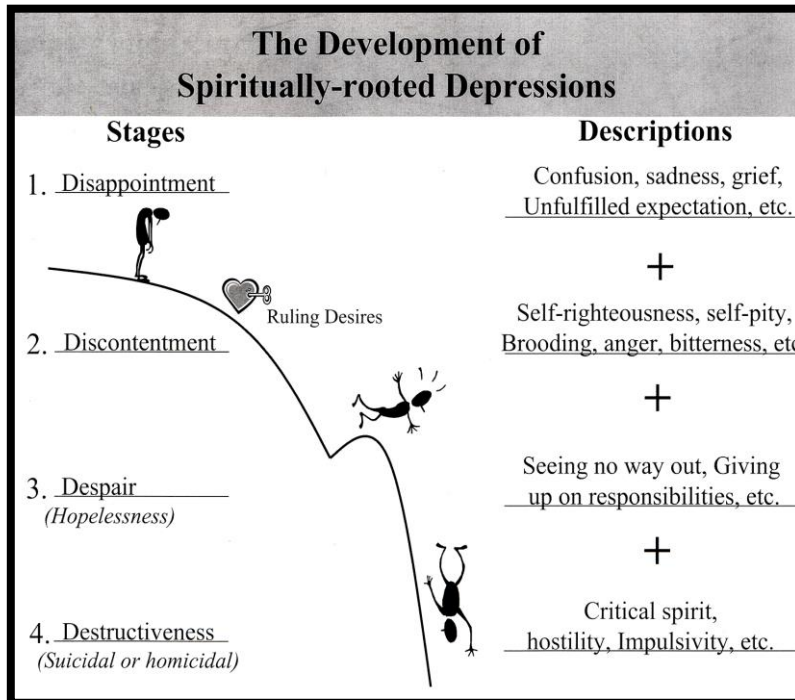
- A. Our Emotions often reflect our level of hope.
- B. Our Emotions reflect what we believe, whether right or wrong.
- C. Our Emotions reflect what we love, whether right or wrong.

II. Lets look at how our Emotions affect our relationships.

- A. When we are angry, it leads to feeling of sadness.
- B. When we are angry, it leads to feeling of fear.
- C. How should we respond to our fear in relationships?

For God gave us a spirit not of fear but of power and love and self-control. (2 Timothy 1:7, ESV)

- i. Engage in choices of faith despite our fears (God's Power)
- ii. Evaluate it against God's priorities for us (Loving God and others)
- iii. Encouragement from talking and walking with others (self control and Accountability)



1. Address **disappointment** by offering the biblical perspective that leads to acceptance of God's providence. Some passages to consider:

- Job 1-2 - *"Shall we accept good from God, and not trouble?"*
- Hab 1-3 - *"Though the fig tree does not bud and there are no grapes on the vines...yet I will rejoice"*
- Ro 8:12-39 - *"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."*
- 1Th 4:13-18 - *"Brothers we do not want you to...grieve like the rest of men who have no hope."*

2. Address **ruling desires** by evaluating them and submitting to the will of God as revealed in Scripture. This stops the downward progression on the "slippery slope." Some passages to consider:

- Jas 1:13-15 - *"...each one is tempted when, by his own evil desire, he is dragged away and enticed."*
- Gal 5:16-22 - *"...live by the Spirit and you will not gratify the desires of the sinful nature."*
- 1Pe 4:1-6 - *"...he does not live the rest of his life for evil human desires, but rather for the will of God."*

3. Address **discontentment** by urging conviction that prompts repentance. Some passages to consider:

- Ps 73 - *"...though I was senseless and ignorant."*
- 1Co 10:1-13 - *"And do not grumble, as some of them did..."*

4. Address **despair** by urging perseverance prompted by hope. Some passages to consider:

- Jas 1:12 - *"Blessed is the man who perseveres under trial."*
- Ro 5:1-5 *"...but we also rejoice in our sufferings, because we know that suffering produces perseverance...and character, hope."*
- 1Pe 1:3-9 - *"In his great mercy he has given us a new birth into a living hope...though now for a little while you may have had to suffer grief in all kinds of trials."*

5. Address **destructiveness** by calling for help.