

Depression

Biblical Truths to Remember

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1. **You are not the only person to ever feel this way.** Depression has long plagued people of every race, religion, and gender. Many saints, now in Heaven, have found their way through very dark and difficult times. Saint John of the cross called it “the dark night of the soul.” Charles Spurgeon, the great Baptist preacher, experienced very frequent doubts of depression; yet he was able, in the strength of God, to press on in life. Other Christians who struggled with depression include William Cowper, John Newton, and David Brainerd.
2. **Just because you feel a certain way, doesn’t make it true.** Many people give their emotions too much authority. “If I feel like there is no hope, there must not be any hope.” But that’s not the truth! The truth is that there is hope! The truth is that the death, burial, and resurrection of Jesus stand as historical facts that accomplished our salvation and that is true, whether I feel like it or not! Lloyd-Jones suggests that, when we begin to have depressed thoughts we should begin talking to ourselves rather than listening in self pity! Begin to tell yourself the gospel and the promises of God!
3. **God is happy.** Think about it. What if God was depressed? What if he couldn’t accomplish something he wanted to accomplish? Well the Bible tells us that is impossible! God accomplishes all that he wants! Psalm 115:3, Ps. 135:6, Job 42:2 And if God is happy, why would his people be unhappy? When you are tempted to be depressed, think on the happiness and joy of God. Nehemiah 8:10 tells us, “the joy of the Lord is our strength.” Nothing can overcome God!
4. **God will never leave you!** Never. In any circumstance. There is no depression so deep that God isn’t there. Take joy in the fact, not that depression is shallow, but that God knows the depths of our hearts and souls! Isaiah 41:10; 1 Samuel 12:22; Psalm 139:1-18
5. **Even Jesus battled depression.** Check out Matthew 26:36-38. How did Jesus battle it? Prayer!

The battle against depression is a battle to believe the promises of God!!!

See also: Psalm 27:13-14; 34:1-22; 42:1-11; Matthew 11:28-30, Romans 8:28