



Depression: The Fight Against Hopelessness
Text - 1 Kings 19:1-18

Main point: The God of hope wants to give you hope by the power of the Spirit today.

1. Depression and the sufficiency of Scripture
2. Applications for the hopeless from Elijah
3. Fight against hopelessness through the power of the cross

#1:

"I am now the most miserable man living. If what I feel were equally distributed to the whole human family, there would not be one cheerful face on earth. Whether I shall ever be better, I cannot tell; I awfully forbode I shall not. To remain as I am is impossible. I must die or be better, it appears to me."

Abraham Lincoln

#2:

"Depression is a form of suffering...depression is painful and, if you have never experienced it, hard to understand. Like most forms of suffering, it feels private and isolating...(But) those who feel overwhelmed by depression share in a fundamental humanness. You will find in them the struggles and maladies that are common to us all. Don't let the technical, scientific diagnosis keep you from seeing these ordinary problems...(And) when why questions appear, they will be religious – as all why questions are. They will be about God. Depression, of course, does that – it takes you back to the basic questions of life. Ignore them to focus on the how questions and you might find a temporary shortcut to mental relief, but your heart will still be famished."

Dr. Edward Welch

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#3:

Psalm 119:24

Your testimonies are my delight; they are my counselors.

#4:

"Once viewed as a crucial part of church life and ministry, counseling is now handled in clinics by professionals. These clinics generate fees amounting annually to billions of dollars. Lay Christians, on the other hand, have been taught to think of themselves as incompetent to counsel. Even pastors seem intimidated by the psychotherapy movement. Many have simply handed over to professionals this vital pastoral responsibility."

John MacArthur



#5:

“When we don’t get what we really want, we get frustrated (part of the spectrum of anger). If we can blame it on a person, our response is easier to recognize as anger. But if it feels like circumstances have conspired against us, there is no human face to attach our anger to. As a result, there is no yelling, screaming, or other sign that we readily classify as anger. But if you listen carefully to yourself, you might notice anger in the way that God is less relevant to you. You have marginalized him. You have pushed him away...you don’t trust him with anything related to your disappointment. This is the cold version of anger. Look for dashed hopes to be mingled with anger but realize that they usually don’t stop there. Dashed hopes can lead to frustration with God. Frustration with God leads to self-imposed spiritual isolation or withdrawal, and spiritual isolation leads to self-pity.”

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