

Peace of Mind—3

Two Truths to Remember When You're Battling Depression

(Keys to prayer) Series MH—Not common talk about church—Important.
Upcoming weeks—Worry—Chron Neg—Trauma—Burnout.

Close friend—**David**—(Over 15 years)—Nicest—Most uplifting,
Generous—Encouraging person you'd ever meet.

Never known anyone doesn't like **David**—Be friends!

No idea—Conscious choice—Out bed—Gave all energy to you.
Outside Smiling—Inside feelings—Dark—Sadness—Hopeless

Years—Battle Suicidal thots—Ongoing, chronic, crippling depress!

Someone hasn't experienced depression—Dismissive—Cheer up!

Depression's not just sadness—Not just discouragement.
Constant darkness—No feeling—No motivation—Not hope!

Sad—Church should be safest place to talk about depression.
Not—Stigma—Feel ashamed—Guilty.
Suck it up—Get over it—Put faith in J!

(Sore throat—Physician) (Break bone—Surgeon)
Battle depression—Keep smiling—Keep it to yourself.

If you're one the many fight depress—Biggest MH probs today.
Both identify w/ next verse—Mad!

Anxiety in the heart of man causes depression, but a good word makes it glad. Prov 12:25 NKJV (Too simple ...)

GW brings—Hope—GW brings healing!

Two Truths to Remember When You're Battling Depression

Depression—Very complex issue.
Doesn't discriminate—No one size fits all.

Four Root Causes of Depression

- **Biological**—Chem imbalance, Chron pain, Nutrition deficit
Hormonal changes, Lack sleep, Exercise, Sunlight.
 - **Relational**—Betray—Reject—Divorce—Pandemic—Iso.
 - **Circumstantial**—Death/loss, Trauma, Bankruptcy, Retire,
Kids leaving home (Depressed—Party) (Cried first 4)
 - **Spiritual**—Every moment—Day—Spiritual battle!
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Not a Doctor—Licensed Counselor—Pastor.
Can't address all aspects—Depression—**Spiritual**.
Show Scrip: Deeply depressed man fighting to hold on to hope G

Lam 3—OT—**Prop Jeremiah** battled inner darkness & depress.

Solomon's temple (trib G) (400 years)—Destroy Baby 587 BC
Jeremiah witness (Murr)—Loved ones killed. Fam deport. Suffer

*I am the man who has seen affliction by the rod of the LORD's wrath.
² He has driven me away and made me walk in darkness rather than light... ⁵ He has besieged me and surrounded me with bitterness and hardship. ⁶ He has made me dwell in darkness like those long dead.
⁷ He has walled me in so I cannot escape; he has weighed me down with chains. ⁸ Even when I call out or cry for help, he shuts out my prayer... ¹⁷ I have been deprived of peace; I have forgotten what prosperity is. ¹⁸ So I say, "My splendor is gone and all that I had hoped from the LORD." ¹⁹ I remember my affliction and my wandering, the bitterness and the gall. ²⁰ I well remember them, and my soul is downcast within me. 1-2, 5-8, 17-20 (Descriptive metaphors!)*

How did he get here? Prophet! Loved G
Totally—Broken—Lost—Hopeless.

Circumstantial—Home destroy—Family kill/deport.

Spiritual—Feels like G let down—What do you do?—No hope

Two Truths to Remember When You're Battling Depression

1. Your emotions are valid. But they're not permanent.

2. Your situation feels hopeless. But w/ God, there's always hope.

When you hurt—**Emotions valid**—Important—Name them.
I feel → Angry. Anxious. Pissed. Betray. Empty. Numb. Afraid.

Afraid spiders? Study done—Not house spiders—**Tarantula**.
Showed participants live tarantula container—4 groups.

1. **Label what you're feeling.** (Scared hairy monster)
2. **Make observations.** (Cage, can't hurt)
3. **Say something irrelevant.**
4. **Don't say anything at all.**

Week—Exposed—**Physiological Responses**—Sweat, heartrate.
Named emotions performed exceptionally better—Touch

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- **Naming your emotions opens the door to changing your emotions.**

God gave us emotions—Emotions valid—Not permanent.

Because our emotions are temporary.

- **We're not going to make permanent decisions based on temporary emotions.**

Battling depression—Feel like quitting marriage—Quitting G
Runaway—Shut out world—Dark moments—Consider taking life.

Don't make Permanent Decision—Temporary Emotions.
Emotions valid—Name them—Feel them—Don't be ruled.

1. Your emotions are valid. But they're not permanent.

2. **Your situation feels hopeless. But w/ God, there's always hope.**

Jeremiah depressed—Turns to God!

²¹ Yet this I call to mind and therefore I have hope: ²² Because of the LORD's great love we are not consumed, for his compassions never fail. ²³ They are new every morning; great is your faithfulness. Lam 3

The Lord's great **love**—Plural form Hebrew—**hesed!**
Difficult translate—(248)—Packed w/ meaning—No Eng close.

Translators attempt define—Lovingkindness—Mercy—Loyalty
Impossible describe apart fullness God's character

Unbreakable devotion to God's promises.
Covenantal commitment to God's character.

Because great love—Not consumed—His **compassions** never fail.

Compassions translated from Hebrew word—**rahamaw**

Same root word means—Mother's Womb!

Womb? → Safe place—Sanctuary where life begins!

Life → Nourished—Strengthened—Protected!

What do you do to break out of the darkness? Acknowledge.

Need help—Not sign of weakness—Wisdom.

Counselor—Medicine—Diet—Exercise—Journal—LG

Pray—Pause—Praise—Call to mind—Change your posture.

Can't prove—Jeremiah down—My soul downcast. (Keys)
Your posture reflects your mood—Posture can impact your mood.

(Keys) ARMS UP—Surrender and Victory

²⁴ ***I say to myself***, “*The LORD is my portion; therefore I will wait for him.*” ²⁵ *The LORD is good to those whose hope is in him, to the one who seeks him;* ²⁶ *it is good to wait quietly for the salvation of the LORD.* Lam 3

Say to myself—Sometimes—Preach 2 yourself!

You, O Lord—Shield about me—My glory—lifter of my head.
God is my refuge—Strength—Ever present help in time of trouble.

For I'm convinced—Neither death nor life—Angels—Demons
Present nor future—Nor any powers.
Nor my depression—My darkness days.
Nothing in all creation—Able to separate me from
The love of God that is in X Jesus my Lord.

Tim ... Many times, afraid I wouldn't see him again.
Didn't give up—Counseling, prescriptions, prayer, diet, exercise
LG—Daily renewing—Depression is gone.

Told me to tell you.

Your feelings are valid—Not permanent.
Your situation feels hopeless—But w/ God there is always hope.
