

# The Refuge Church of Deltona

Many biblical characters experienced emotional, psychological, and spiritual distress that we might today associate with mental health struggles. While the Bible doesn't use modern clinical terms like "depression" or "anxiety disorder," it clearly portrays real people grappling with despair, fear, trauma, and hopelessness. Here are several powerful examples:

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## 1. Elijah – Depression, Suicidal Thoughts

**Scripture:** 1 Kings 19:3–5

*“But he himself went a day’s journey into the wilderness... and he prayed that he might die, and said, ‘It is enough! Now, Lord, take my life...’”*

- After a great spiritual victory, Elijah collapses into exhaustion and despair.
  - Isolates himself, expresses hopelessness, and wants to die.
  - God responds with compassion: rest, food, and a gentle whisper—not rebuke.
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## 2. David – Anxiety, Depression, Trauma

**Scripture:** Psalms 6, 13, 42, and 143

*“Why are you cast down, O my soul? And why are you disquieted within me?” (Psalm 42:5)*

*“I am weary with my groaning; all night I make my bed swim; I drench my couch with my tears.” (Psalm 6:6)*

- David often wrote about deep emotional anguish: loneliness, fear, guilt, and despair.

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- His transparency in the Psalms reflects clinical symptoms of depression and anxiety.
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## 3. Job – Grief, Depression, Suicidal Ideation

**Scripture:** Job 3:11

*“Why did I not perish at birth, and die as I came from the womb?”*

- After losing his children, health, and wealth, Job mourns profoundly.
  - Curses the day of his birth, isolates himself, and questions God.
  - Yet, he never stops talking to God—even in his despair.
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## 4. Jonah – Anger, Depression, Suicidal Despair

**Scripture:** Jonah 4:3

*“Therefore now, O Lord, please take my life from me, for it is better for me to die than to live.”*

- Jonah becomes angry with God’s mercy and feels deeply disillusioned.
  - Expresses a desire to die after things don’t go the way he hoped.
  - God patiently engages Jonah in conversation rather than condemning him.
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## 5. Jeremiah – Loneliness, Despair, Depression

**Scripture:** Lamentations 3:17–20

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*"You have moved my soul far from peace; I have forgotten prosperity... My soul still remembers and sinks within me."*

- Known as the "weeping prophet."
  - Faced rejection, loneliness, imprisonment, and persecution.
  - Lamentations is a raw journal of emotional pain.
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## 6. Paul – Crushing Pressure and Despair

**Scripture:** 2 Corinthians 1:8

*"...we were burdened beyond measure, above strength, so that we despaired even of life."*

- Paul acknowledges feeling crushed by pressure and overwhelmed beyond what he could handle.
  - He points to God's comfort and deliverance as the source of hope.
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### Key Takeaway:

These biblical figures were not weak in faith—they were **deeply human**. God did not reject them in their emotional brokenness. Instead, He met them there, restored them, and used them powerfully