

How to Beat Sadness (Depression)

"A joyful heart is good medicine, but depression drains one's strength."

Proverbs 17:22 (GW)

BIBLICAL EXAMPLES: (Moses: Numbers 11; Elijah: 1 Kings 19; Jonah: Jonah 3)

"Moses heard all the families standing in front of their tents weeping, and the Lord became extremely angry. Moses was also very aggravated. And Moses said to the Lord, 'Why are you treating me, your servant, so miserably? What did I do to deserve the burden of a people like this? Are they my children? Am I their father? Is that why you have told me to carry them in my arms – like a nurse carries a baby – to the land you swore to give their ancestors? Where am I supposed to get meat for all these people? They keep complaining and saying, 'Give us meat!' I can't carry all these people by myself! The load is far too heavy! I'd rather you killed me than treat me like this. Please spare me this misery!'"

Numbers 11:10-15 (NLT)

WARNING SIGNS TO LOOK FOR

1. FATIGUE: Consumed by _____

"The load is far too heavy! I'd rather you killed me than treat me like this. Please spare me this misery!"

Numbers 11:15 (NLT)

"I am worn out, O Lord; have pity on me! Give me strength for I am completely exhausted."

Psalms 6:2 (TEV)

2. FEAR: Consumed by _____

"Where am I supposed to get meat for all these people?"

Numbers 11:13

3. FRUSTRATION: Consumed by _____

"Why are you treating me, your servant, so miserably? What did I do to deserve the burden of a people like this?"

Numbers 11:11

THE HOPE JESUS OFFERS

1. JESUS OFFERS ME _____.

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Romans 15:13 (NIV)

"... I depend on Christ's mighty power that works within me."

Colossians 1:29 (NLT)

"I have the strength to face all conditions by the power that Christ gives me."

Philippians 4:13 (GNT)

2. JESUS OFFERS ME _____.

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Isaiah 41:10 (NIV)

"For no matter how many promises God has made, they are all 'Yes' in Christ..."

2 Corinthians 1:20 (NIV)

3. JESUS OFFERS ME _____.

"And this expectation [salvation] will not disappoint us. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love."

Romans 5:5 (PAR)

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

Rom. 8:28 (NIV)

"A thief comes to steal, kill and destroy. But my purpose is to give life in all its fullness!"

John 10:10 (Living Bible)