

Depression

_____ not to be okay.

(Lamentations 3:17-20) I have been deprived of peace; I have forgotten what prosperity is. So I say, "My splendor is gone and all that I had hoped from the LORD." I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.

(2 Corinthians 1:8) We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.

(1 Kings 19:1-4) Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said, "Take my life; I am no better than my ancestors."

✓ Faulty _____

(Philippians 4:8-9) Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things...and the God of peace will be with you.

✓ _____

(Ecclesiastes 4:12 NLT) A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

✓ Led by _____

(John 8:32) Then you will know the truth, and the truth will set you free.

✓ _____

(Galatians 1:10) Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

What Do I Do?

(1 Kings 19:5-9) Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night.

1. Get healthy _____

(Psalm 127:2) In vain you rise early and stay up late, toiling for food to eat—for He grants sleep to those He loves.

2. Pour my _____ out to _____

(Matthew 11:28-29) Come to Me, all you who are weary and burdened, and I will give you rest...and you will find rest for your souls.

3. Experience the _____ and _____ of God.

(Psalm 46:10a) Be still, and know that I am God.

4. Let God give me a _____ and a _____ for my life.

(2 Corinthians 4:16-18) Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

All scripture is from the New International Version unless otherwise noted.
Messages and notes are available at crosspointworshipcenter.com.

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It's okay not to be okay.

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✓ Faulty thinking

(Philippians 4:8-9) Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things...and the God of peace will be with you.

✓ Isolation

(Ecclesiastes 4:12 NLT) A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

✓ Led by feelings

(John 8:32) Then you will know the truth, and the truth will set you free.

✓ Comparison

(Galatians 1:10) Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

What Do I Do?

(1 Kings 19:5-9) Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night.

1. Get healthy physically.

(Psalm 127:2) In vain you rise early and stay up late, toiling for food to eat—for He grants sleep to those He loves.

2. Pour my heart out to God.

(Matthew 11:28-29) Come to Me, all you who are weary and burdened, and I will give you rest...and you will find rest for your souls.

3. Experience the power and presence of God.

(Psalm 46:10a) Be still, and know that I am God.

4. Let God give me a new purpose and a new direction for my life.

(2 Corinthians 4:16-18) Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

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