

Depression

Job 3:2-5 And Job spake, and said, **3** Let the day perish wherein I was born, and the night in which it was said, There is a man child conceived. **4** Let that day be darkness; let not God regard it from above, neither let the light shine upon it. **5** Let darkness and the shadow of death stain it; let a cloud dwell upon it; let the blackness of the day terrify it.

Mayo Clinic identifies depression as: “Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.” Symptoms can include:

- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal things
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation or restlessness
- Slowed thinking, speaking or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent or recurrent thoughts of death
- Unexplained physical problems, such as back pain or headaches

We need to notice who was right in the middle of Job's problem. **Job 2:3** And the LORD said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause.

Even though Job's was depressed over the happening's in his life, still God knew his heart. God still considered Job a upright man. He thought this because Job had not changed his core beliefs. (Feared God, hates evil, stays solid in integrity). Satan's argument was:

“Would not anyone be willing to worship God in such circumstances?” The idea is that there was nothing genuine about his piety; that religion could not be tried in prosperity; that Job had an abundant compensation for serving God, and that if the favors conferred on him were taken away, he would be like the rest of mankind.” Albert Barnes

In other words, satan was saying he only serves you because everything is going his way. After some of the worst temptation, still God only has good things to say about Job. God over looked the emotions because God made us emotional creatures.

1. Sadness Happens

- A. Looking through the Bible at the great saints — people we laud as heroes — we find that they also had times of despair. Moses had it happen, Paul had it happen, many great preachers of the past stated that it happened to them.
- B. Elijah was the champion in the Bible, chosen by God to challenge the king and the prophets of Baal and to call the nation back from apostasy. In a contest on Mt. Carmel, he was God's instrument to prove to Israel that Jehovah was the Lord. But after that amazing victory Elijah sank into the depths of despair. He walked 150 miles to the south. He had gone as far away from Jezebel as he could go and still be on the same continent. He sat down under a juniper tree and asked God to take his life. Out of sheer physical exhaustion, Elijah fell asleep. He was psychologically wrung out and physically drained. The Lord let him sleep.

- C. **1Kings 19:2-4** Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by tomorrow about this time. **3** And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there. **4** But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers.
- D. "He was still suffering from the reaction of overstrained feeling; he was weary with nights and days of travel; he was faint with the sun's heat; he was exhausted for want of food; he was for the first time alone - alone in the awful solitude and silence of the great white desert." (A Barnes). Sometimes we don't consider the tremendous effort put forth by the saints working for the Lord. Elijah was tired, discouraged, fearful, and felt like a failure. Sound familiar to some of our past.
- E. The interesting thing is that Elijah just had the success on Mt Carmel. There it was proved that God was on his side. This shows that emotions can be deceiving. They can have us feeling something that is not the truth.

2. Sadness Does Not Change Fact

- A. We when we are first saved are so overjoyed that we feel we could never be sad again. But unfortunately that is not true. There are times when things happen and we find that our faith is tested.
- B. Following World War II there was found on the wall of a basement in Germany these words:
I believe in the sun, even when it is not shining.
I believe in love, even when I can't feel it.
I believe in God, even when He is silent.
- C. Job's faith never wavered and God knew this fact. **Job 42:1-3** Then Job answered the LORD, and said, **2 I know that thou canst do everything, and that no thought can be withholden from thee. 3 Who is he that hideth counsel without knowledge? therefore have I uttered that I understood not; things too wonderful for me, which I knew not.**
- D. Job never wavered from the things he knew was true about God. He just admits that he doesn't understand.
- E. Abraham believed God and acted upon God's promise and not on how things looked. **Rom 4:21** And being fully persuaded that, what he had promised, he was able also to perform.
- F. The devil tries to convince you that God is not true to His promises. **1Corinthians 10:13** There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.
- G. Paul had a affliction that hindered his ministry. John was a prisoner on Patmos yet his faith allowed the vision of Jesus Christ and the end times. God has begun a work in us and He means to finish it!
Jude 1:24 Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy,

3. We Are Not Trusting in Our-self

- A. **1Timothy 4:9-10** This is a faithful saying and worthy of all acceptance. **10** For therefore we both labour and suffer reproach, because we trust in the living God, who is the Saviour of all men, specially of those that believe.
- B. He is a living God and who is worthy of our trust. He saved us and got us to this point in life. We have trusted Him in the past and must trust him in the future.
- C. We know from experience that emotions cannot be trusted to lead us in the right direction. Like the direction of the wind they change constantly. We must trust in the one who does not change.