

- Jeremiah (Jeremiah 20)
- Jesus (Isaiah 53/Mark 14)

"... Depression: Is There Hope for the Hopeless?"

(Proverbs 12:25; Job; Psalms 34:18, 147:3 ...)

I. Introduction:

- A. *The joy of life and of the holidays*
- B. *The sorrows of life and of the holidays*
- C. *The issues of the heart (Expert information)*
 - Jeremiah 17:9
 - Proverbs 23:7; 4:23
 - Proverbs 3:5-6
- D. *The issues of preaching (expert testimony)*
 - Limited time
 - Limited information
 - Limited understanding

II. Exposition: Depression: Is There Hope for the Hopeless?

- A. The explanation of depression:
 - 1. Signification/Interpretation
 - 2. Spectrum/Inclusion
 - 3. Sources/Inception
- B. The Examples
 - 1. From History
 - Martin Luther
 - Charles Haddon Spurgeon
 - Charles Stanley
 - Tom Nelson
 - 2. From Scripture
 - David (Psalm 42)
 - Elijah (1 Kings 19)
 - Jonah (Jonah 4)
 - Job (Job)

- C. The examination of the Scriptures
 - 1. Proverbs 12:25
 - 2. Psalm 34:18
 - Matthew 28:20
 - Hebrews 13:5/Deuteronomy 31:6-8
 - 3. Psalm 147:3
- D. The exhortation of the Scriptures
 - 1. Psalm 139:7-12
 - 2. Romans 8:28-30

III. Conclusion: There is hope for the hopeless!

- Am I being honest and responsible?
- Have I received a proper diagnosis?
- Do I need counseling and/or medication?
- Am I connected to a caring community?

Questions to reflect on individually and discuss in Small Groups:

1. What stuck out to you from the message? (What's your keeper?)
2. Have you found that anxiety and depression are difficult to discuss in the Christian community? Why or why not?
3. What insights did you gain in your understanding of depression, its meaning, scope and causes? What other information would you like to know, or wish had been presented?
4. What did you learn from the examples and Scriptures presented?
5. What stuck out to you from the questions in the conclusion?
6. Finish this sentence with the primary thing that God is leading you to do: "In light of these passages and this discussion, I will ..." (What is your action point?)
7. <https://voice.dts.edu/chapel/a-christian-looks-at-depression-tom-nelson/>