

"Find Your Purpose and Reach Your Destiny" 6265 University Avenue, San Diego, CA 92115 (619) 265-2921

www.cityoffaithfwc.org

August 30, 2017
Managing Threatening Emotions
God's Expectations for My Life
Lesson 7

Coping With Depression

Focus: Learn to live when just living itself is a challenge. End the relationship with darkness.

Scripture reading: Psalm 88:1-18.

Introduction

Some 15 million Americans a year struggle with depression, an illness that comes in many forms—from major depression and seasonal affective disorder, to dysthymia and bipolar disorder. Depression is an illness that increasingly afflicts people worldwide, interfering with concentration, motivation and many other aspects of everyday functioning. It is a complex disorder, involving many systems of the body, including the immune system, either as cause or effect.

Can you provide more clarity on depression?

Depression is a mental illness marked by feelings of profound sadness and lack of interest in activities. It is not the same as a blue mood. It is a persistent low mood that interferes with the ability to function and appreciate things in life. It may cause a wide range of symptoms, both physical and emotional. It can last for weeks, months, or years. The Good news is God is a healer of every mental mania that we experience.

What are some triggers to depression?

The most common trigger of depression is LOSS, which takes many different forms, including economic misfortune, unexpected unemployment and LOSS OF CHERISHED POSSESSIONS.

~ SOME OTHER TRIGGERS CAN BE IDENTIFIED AS ~

- 1. MARITAL PROBLEMS
- 2. EMPTY NEST
- 3. TERMINATION
- 4. LONELINESS
- 5. FINANCIAL DIFFICULTIES
- 6. FAILURE
- 7. Pain/emotional, physical (caused by others or inflicted).
- 8. Miscellaneous Problems/social, parental, marital, economical, emotional (sometimes these stem from background history or upbringing from past abusive relationships.

Read Psalm 88:1-2

The first six words of verse 1, *Oh*, *LORD*, *God of my salvation*, are the only words of comfort and support in this psalm. It shows us that even good men will be afflicted, and its transparency reveals the dismal thoughts the writer has about his afflictions, and the dark conclusion he made about his future, through the power of melancholy and the weakness of faith.

There are only TWO Requests made in this entire psalm from v. 2 (KJV)

- 1. Let MY PRAYERS COME BEFORE YOU.
- 2. Incline YOUR EAR TO MY CRY.

Read Psalm 88:3-9 - The writer is expressing sheer sadness and grief within his heart over his situation.

 $Emotions\ expressed:\ Abandonment/hopelessness/accusation,\ anger.$

The writer submits over 21 complaints in this Psalm.

Was the writer cursed by God?

If the writer was cursed, then it is obvious that it is because he is sinning and refusing to obey God. Where ever the wrath of God is involved, sin is the culprit. There would be no wrath if there were no sin. In the event God's wrath is experienced it would also come under the law of sowing and reaping (Gal. 6:7-8 see also Deut. 28:1-14 and verses 15-46; Mal 3:9).



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God is not responsible for curses. Man, with his rebellion and continual sinful lifestyle is responsible for ALL of them. Curses were never invoked until Adam sinned.

Psalm 88:10-14 (MSG Bible) Reveal EIGHT statements of distress

- 1. Are the dead a live audience for your miracles? (v. 10)
- 2. Do Ghosts ever join the choir that praise you?
- 3. Does your love make any difference in a graveyard? (v 11)
- 4. Is your faithful presence noticed in the corridors of hell?
- 5. Are your marvelous wonders ever seen in the dark?
- 6. Your righteous ways noticed in the land of no memory (v 12)
- 7. I'm standing my ground God, shouting for help, at my prayers every morning, on my knees each daybreak (v 13)
- 8. Why, God, do you turn a deaf ear? Why do you make yourself scarce? (v 14)

Psalm 88:15-18 (The MSG. Bible Translation) For as long as I can remember I've been hurting; I've taken the worst you can hand out, and I've had it. 16. Your wildfire anger has blazed through my life; I'm bleeding, black-and-blue. 17. You've attacked me fiercely from every side, raining down blows until I'm nearly dead. 18. You made lover and neighbor alike dump me; the only friend I have left is darkness.

Here in these four verses of Scripture there are EIGHT personal distresses shared by the writer.

- 1. <u>I've been hurting as long as I can remember (v 15)</u>
- 2. <u>I've taken the worst punishment I can imagine. I'm tired, ready to quit</u>
- 3. Your anger is consuming me (v 16)
- 4. I'm bleeding, black-and blue
- 5. You've attacked me fiercely from every side (v 17)
- 6. Raining down blows upon me till I'm nearly dead
- 7. You made my lover and my neighbor dump me (v 18)
- 8. The only companion I have now is darkness

DISCUSSION:

- What should you do when God doesn't answer your prayer immediately?
- Is it a sin to be completely transparent about your feelings to God in prayer?
- What attitude should we take when we are chastised by God?
- Does sharing and expressing our complaint expedite deliverance?

Notes:		

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