



"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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