

Lesson Objectives

- Sadness and depression are a platform to express our faith and hope in Christ
- Dispel the lies that are associated while we are at our lowest
- Explore Christ's faithfulness through the storm

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Lesson Outline



- I. Explore Psalm 42-43
 - What does depression look like?
 - Can you call yourself a Christian if you have these feelings? Aren't you supposed to have Joy?
- II. Lies and mind tricks
 - Masks
 - Isolation
 - Worth
- III. Solutions
 - Psalm 42-43
 - Love of God
 - Action

Wisdom Key

God is always faithful and will be the light in the darkness. As we grow in faith and maturity in Christ, there is no substitute that will fill the void that is left by hurt, pain, or sorrow.

Scripture Reading

Psalm 42-43

Facts about Drepression

- Depression is a common mental disorder. Globally, it is estimated that 5.0% of adults suffer from depression (1).
- Depression is a leading cause of disability worldwide and is a major contributor to the overall global burden of disease.
- More women are affected by depression than men.
- Depression can lead to suicide.
- There is effective treatment for mild, moderate, and severe depression.

Psalm 42:1-7

- The Psalmist is lamenting his separation from God's presence.
- Feels extreme sadness and is crying out in vain
- Unsatiated
- Recollection of the good times but is taunted by those who despise faith.
- EX. David, Lamentations, Jesus

Psalm 42:1-7

 Grief and depression is an accurate response to a fallen world. These negative emotions are an integral part of the Christian experience.
How can we see the light if every day in your life is sunny? Joy isn't a replacement for sadness, but a stronger more authoritative addition to it.

Psalm 42:8-Psalm 43:16

- The lies that our mind tells us
- The isolation
- The worthlessness
- The masks we wear

How do we combat these cycles of depression?

- Confrontation (v5)
- Remember who God is (v6)
- Praise God (v11)
- God is our defender (v1) Refuge (v2)
- God is our light, truth, dwelling (3)
- Worship (v5)

God is Love.

• 1 John 4:7-8 7 Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. 8 Whoever does not love does not know God, because God is love.

God directs his love.

- Through our Pastor
- Through Scripture
- Through you
- Through doctors
- Through our Savior

