

Dealing With The Giant Of Depression

January 18, 2026

Psalm 34:18-22, 42:5-6; 1 Kings 19:1-7

Encounters With Depression Are Real

I. How the Bible describes depression

- A. Cast down
- B. Inner turmoil
- C. A condition not to be ignored
 - 1. Though some try
 - 2. Denial can be dangerous
- D. We are to "speak" to our situation

II. Pretending "all is well" is not a sign of faith

- A. Being honest with God is a great place to start
- B. Bringing your pain before God brings relief
- C. Being honest with yourself is crucial

III. The strongest (in the Bible) can break under the weight of life

- A. Job
- B. David
- C. Peter
- D. Elijah

IV. How does one break down emotionally, psychologically, or spiritually?

- A. Emotional overload
 - 1. The "yes" trap
 - 2. The "resentment guilt"
- B. Exhaustion that never gets better
- C. Burn out
- D. Isolation
- E. Fear
- F. Cynicism/bitterness
- G. No renewal
 - 1. Feeling empty
 - 2. Feeling numb

V. What that looks like in real life/real time

- A. Dark thoughts
- B. Doubtful beliefs
- C. Demonic oppression
- D. Disappointment in others
- E. Discouraged by others
- F. Defeated
- G. Dismissed
- H. Discounted
- I. Disconnected
- J. Dark pit
 - 1. Feel hijacked
 - 2. Feel alone

VI. Clinical impressions

- A. Deep sadness for 2 weeks
- B. Low self-esteem
- C. Low energy
- D. Insomnia
- E. Feeling hopeless
- F. Feeling helpless
- G. Feeling confused, indecisive

VII. God is near the broken hearted

- A. He rescues the crushed in Spirit
- B. He fed Elijah
- C. He gave Elijah rest
- D. He spoke gently into Elijah's situation

VIII. What the depression giant says to you

- A. God has abandoned you
- B. You are a burden
- C. You are alone
- D. This will never get better
- E. What you want doesn't matter
- F. You deserve this
- G. You will always be in darkness

(These are lies we are told about our situation)

IX. What does God give us to fight this giant?

- A. The sword of the Spirit (Word of God)
- B. The fellowship/counsel of other believers
 - 1. Individual interaction
 - 2. Small groups

C. The church (should be) our place of refuge

- 1. A place where pain is allowed
- 2. A community that walks together
- 3. A place where people listen before advising, lecturing, or judging
- 4. Depression is not something we hide but carry together

D. Our Savior who is acquainted with grief understands

- 1. You can be real with Him
- 2. Jesus doesn't wait until we are fixed to accept us
- 3. He invites us to come to Him
- 4. Our hope is in Messiah
- 5. He is our rock & salvation
- 6. Our story is not over
- 7. God has much for you to do
- 8. Same God who met Elijah, Thomas, Peter, & Job is willing to meet you
- 9. Trust in Him/Rest in Him
- 10. Call upon His Name

In Jesus You Will Find Hope, Healing, & Salvation