

Outline – May 15, 2022
Numbers 11:14-17; 1 Kings 19:1-10
Romans 7:15-25
The Wilderness Of Depression

Depression Can And Will Hit Everyone

I. The realities of depression

- A. It can be confusing
 - 1. For the person with it
 - 2. For the people affected by it
- B. Depression is not a sin
- C. Depression is not a character flaw
- D. Depression is not a weakness
- E. It is a feeling of powerlessness
 - 1. Hopeless
 - 2. Helpless
 - 3. Anger turned inward
- F. It is often the result of exercising futility
- G. No one is immune
 - 1. Moses – Great deliverer
 - 2. Elijah – Great prophet
 - 3. Apostle Paul – (2 Corinthians 1:8-10)

II. How futility evolves into depression

- A. The “door closes”
- B. You don’t accept it
 - 1. You feel powerless
 - 2. You feel exhausted
 - 3. You feel hopeless
 - 4. You feel you have no future
 - 5. You can’t think of any solution (Chronic depression)
- C. Once you accept the futility (This door will not open)
 - 1. You find another door
 - 2. You seek another way
 - 3. You look for a solution
 - 4. This increases your sense of power, hope, and future
 - 5. Staying in a state of futility creates an emotional deadness
 - 6. Seeking another solution “finding another door or window” gives hope
 - 7. Going through “another door” evaporates the depression

III. Elijah's story (of depression)

- A. Depression often happens after a victory
 - 1. Breakthrough
 - 2. Joyful occasion
 - 3. Answer to prayer
 - 4. Anticipated solution
 - 5. Meaningful moment
- B. Feeling powerless
 - 1. Threatened
 - 2. Fearing loss
 - 3. Losing
 - 4. Lose – lose
- C. (When you) leave the people who supported you/blessed you
 - 1. One of the worst things is to be alone
 - 2. It is often the choice we make as things spiral downward
- D. Allowing yourself to get spiritually, emotionally, physically weak
- E. Self-pity (I am not better than my fathers)
- F. Overwhelmed (Moses)
 - 1. I can't bear this burden
 - 2. I don't want to see my wretchedness
- G. Self-disappointment/shame (Paul)
 - 1. That what I do, I don't want to do

IV. God's treatment plan for depression

- A. Get the rest (you need)
 - 1. Fatigue creates despair
 - 2. Burnout leaves a mess
- B. Eat mood boosting foods
- C. Accept the people God brings into your life
 - 1. Angels
 - 2. Elisha
- D. Listen to the Word of God
 - 2. God speaks into our situation
 - 3. God speaks truth and wisdom if we listen for it
- E. Help and bless others
 - 1. Do the work God has given you to do
- F. Recognize life is about relationships
 - 1. Beginning with Messiah
 - 2. Those in your inner circle
- G. That God is ahead of you preparing a way

V. Messiah: Our comfort, our hope

- A. When you see your sin for what it is
- B. When you see the futility
- C. When you recognize your powerlessness
- D. That's when Messiah becomes the hope, the life, the answer to your circumstances
- E. His power, His hope, His help eradicates the futility we often feel when we turn to Him

Who Can/Will Save Us?

Jesus The Messiah

