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**Doubt & Depression**

May 4, 2025

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**1 Kings 19:1-4; Matthew 28:16-17; Romans 7:19-25**

**This World, Our Lives, & Our Circumstances Are Polluted**

**I. The elements of the pollution**

- A. Sin - rebellion against God
- B. Selfishness - it's all about me
- C. Suffering - the results
- D. The soundtrack of our lives
  - 1. Marital struggles
  - 2. Parenting
  - 3. Vocational
  - 4. Financial
  - 5. Relational
  - 6. Spiritual
  - 7. Physical

**II. The elements of our struggle**

- A. Doubts
  - 1. Of self
  - 2. Family (spouse, parents)
  - 3. Abilities
  - 4. God
- B. Depression
  - 1. Sadness (more than 2 weeks)
  - 2. Isolation
  - 3. Tired (all the time)
  - 4. Disinterested

- 5. Hopeless/helpless
- 6. Lifeless
- 7. Can't concentrate

**III. When depression hits us**

- A. After major changes
- B. When our reality doesn't line up with our expectations
- C. When life feels hopeless, helpless

**IV. How do most people manage depression?**

- A. They suppress it (stuff it)
- B. They say nothing (secretive)
- C. They self-sabotage
- D. Which leads to doubt

**V. The Bible gives us an honest look at this condition...**

- A. In a broken world most have been broken
- B. In an insecure world we have faced insecurity
- C. In a discouraging world most have faced discouragement
- D. The Bible is filled with people of great faith who experienced depression (& doubt)
  - 1. Jeremiah - The Weeping Prophet
  - 2. Job
  - 3. King David

**VI. Three great people of faith who had seasons of struggle with depression, or doubt, or both**

- A. Elijah the prophet
  - 1. Used by God to raise the dead son of a widow
  - 2. Prays for rain after drought
  - 3. Destroys Baal's prophets
  - 4. Faces the threats of Jezebel
  - 5. Becomes fearful
  - 6. Becomes isolated
  - 7. Thinks of his death
    - a. Burned out

- b. Depressed
  - c. Faces opposition
- B. Apostle Paul
  - 1. Faces affliction (2 Corinthians 1:8-9)
  - 2. Burdened - burned out
  - 3. Despaired of life
  - 4. Inner turmoil
- C. John the Baptist
  - 1. A relative of Jesus
  - 2. No one greater (according to Jesus)
  - 3. A prophet of God
  - 4. Calls out King Herod Antipas
    - a. His affair
    - b. Marrying his niece
  - 5. Herodias wants him killed
  - 6. John the Baptist arrested, thrown in prison
  - 7. Jesus goes to Capernaum in the opposite direction
  - 8. For John, this makes no sense
    - a. Others being healed
    - b. He did everything right
  - 9. "Are you the one or do we look for someone else?"
  - 10. Tell John what you see and hear

## **VII. What Jesus is declaring to all of us**

- A. We are tempted to jump to conclusions based on our circumstances
- B. Circumstances don't have to be an "off ramp" to our faith
- C. Jesus reminds John of who He is by what He has done & fulfilled
- D. Blessed is the one who doesn't stumble (or is offended by me) - Matthew 11:6

- 1. Blessed are those who don't walk away
- 2. When you lose faith you will opt for something else, making things worse not better
- 3. Don't confuse His silence for His absence

## **VIII. What to do when doubt & disappointment comes into your life (10 things)**

- A. Remember what He has done
  - 1. What He is doing
  - 2. What He is preparing
  - 3. What He offers
- B. Return to Him
- C. Repent of what you can change in you
- D. Receive His grace
- E. Reinvent your life
- F. Recognize He has given you a new beginning
- G. Renew your mind
  - 1. New pictures
  - 2. New goals
- H. Restructure your life
- I. Restore your vision
- J. Reminder - this is not all there is

## **IX. Wisdom from an old mentor**

- A. Time & trust has shown me how amazing God is
- B. Jesus will turn your brokenness into joy...if you let Him
- C. It's a "wow" moment
- D. Their daily prayer
  - 1. "Help us through our anger. Open our eyes to see your love that comes from others. Let us see our mission through our brokenness. Remind us we are not owners of our lives, but stewards of our time."

## **That's How We Manage Doubt & Depression**