



I'm Depressed

June 13, 2010

Five Things You Can't
Say in Church

Psalm 13

- 1 How long, O LORD? Will you forget me forever?
How long will you hide your face from me?
- 2 How long must I wrestle with my thoughts and every day have sorrow in my heart?
How long will my enemy triumph over me?
- 3 Look on me and answer, O LORD my God.
Give light to my eyes, or I will sleep in death;
- 4 my enemy will say, "I have overcome him," and my foes will rejoice when I fall.
- 5 But I trust in your unfailing love; my heart rejoices in your salvation.
- 6 I will sing to the LORD, for he has been good to me.

2 Corinthians 1:8-9

1:8 We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life. 9 Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.

Isaiah 61:1-3

1 The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, 2 to proclaim the year of the LORD'S favor and the day of vengeance of our God, to comfort all who mourn, 3 and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair.

Numbers 11:14-15

1 Kings 19:4

Job 3:1

Jeremiah 8:21

Psalm 6:6

Proverbs 18:14

Discussion Questions

Have you ever had someone share something with you that made you uncomfortable?
How did you react?

Do you feel like there are some things that you can't say in church?
Why or why not?

Why do you think there are so many Psalms and stories of individuals facing 'depression' in the Bible?
What are the causes of the bouts depression?

How are people who are depressed or 'gloomy' often viewed in churches?
Why does the church have a 'problem' with people who are depressed or gloomy?
How do we usually respond to their sadness?

Does God want us to remain depressed?
What does Jesus tell us about those suffering in sadness?
How do we join Jesus in His work?