



Week 3
TRUTHS TO REMEMBER WHEN BATTLING DEPRESSION
Crossroads
January 22, 2023

Anxiety in the heart of man causes depression, but a good word makes it glad.
(Proverbs 12:25) (NKJV)

Four Root Causes of Depression

- _____
- _____
- _____
- _____

I am the man who has seen affliction by the rod of the Lord's wrath. 2 He has driven me away and made me walk in darkness rather than light... 5 He has besieged me and surrounded me with bitterness and hardship. 6 He has made me dwell in darkness like those long dead. 7 He has walled me in so I cannot escape; he has weighed me down with chains. 8 Even when I call out or cry for help, he shuts out my prayer... 17 I have been deprived of peace; I have forgotten what prosperity is. 18 So I say, "My splendor is gone and all that I had hoped from the Lord." 19 I remember my affliction and my wandering, the bitterness and the gall. 20 I well remember them, and my soul is downcast within me. (Lamentations 3:1-2, 5-8, 17-20) (NIV)

Two Truths to Remember When You're Battling Depression

#1. Your emotions are valid, but they're not _____.

#2. Your situation _____, but with God, there's always _____.

* Naming your _____ opens the door to changing _____.

* We're not going to make _____ based on _____.

Yet this call to mind and therefore I have hope: 22 Because of the Lord's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness. (Lamentations 3:21-23) (NIV)

"The Lord's great love"... **Hesed**: Unbreakable devotion to God's promises. Covenantal commitment to God's character.

"His compassions never fail"... **Rahamaw**: A mother's womb.

say to myself, "The Lord is my portion; therefore I will wait for him." 25 The Lord is good to those whose hope is in him, to the one who seeks him; 26 it is good to wait quietly for the salvation of the Lord. (Lamentations 3:24-26) (NIV)

TALK IT OVER

1. Which part of this message was most impactful for you and why?
2. The four root causes of depression are biological, relational, circumstantial, and spiritual. Is there one cause that resonates with you the most in this season? How could you start addressing that issue with God's truth?
3. **Read Lamentations 3:21-23.** What are some things that help you remember God's love and goodness in the midst of difficult seasons?
4. How do you typically handle negative or depressing thoughts and feelings? What would it look like to validate your emotions and label your feelings while also remembering they aren't permanent?
5. Talk about a time when God brought you hope and help in a difficult moment. What did you learn about Him through that experience?