

Discouragement and Depression

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I. Introduction.

- A. Depression is something that is common to man.
- B. The brave are not always courageous - even Elijah was depressed unto death.(1 Kings 8:17)
 - 1. God comforted him with an angel.
 - 2. Elijah was given food and drink that comforted him.
- C. Even John the Baptist - the forerunner of the Lord - doubted.
- D. Charles Spurgeon and Hudson Taylor experienced despondency.
- E. These problems come upon all men because of the curse and because of Satan. (Genesis 3:15)

II. The source of discouragement.

- A. All discouragement is of the Devil, but God uses these things.
 - 1. Satan tries to oppress people so he can control them. (Acts 10:38)
 - 2. Satan gets people to obsess - people were harassed. The Holy Spirit by contrast leads by a gentle tug. (Acts 5:16)
- B. God uses these things.
 - 1. One way He does is to get us to sympathize with others. We have a sympathetic Savior in heaven.
 - 2. We learn obedience in discouragement.
 - 3. We learn humility in discouragement.
 - 4. Suffering helps prevent us from becoming hard hearted if we do not become callous.
 - a. Sorrow is better than laughter because the heart is softened by it.
 - b. Weeping often precedes joy. (Psalm 126:6)

III. When discouragement can come.

- A. Often discouragement precedes success as a test.
- B. Sometimes it comes after victory. (2 Chronicles 15)

C. Discouragement will come if it has not come yet.

IV. What one can do.

A. Bring it to the Lord.

1. Becoming a Christian does not mean that one's problems disappear.
2. The difference is that he has a Savior to rely upon.
3. One with great poise usually has a history of suffering.
4. One must get his eyes back on the Lord. (Job 23)

B. Let God search your heart.

1. There may be something He is trying to say to you.
2. Ask God to seek your heart and see if there is anything wicked in you.

C. Rehearse again what God has done for you.

D. Praise God and count your blessings. (Isaiah 61:3)

E. Claim God's promises and pray. (Revelation 11)

F. Seek to help someone else.

V. Conclusion. (Job)

Application questions

1. What famous people suffered from discouragement in the Bible?

2. What is the source of discouragement? What separates a Christian in regards to this subject from a nonbeliever?

3. Summarize the proper response to depression. Which principle stands out to you? Why?
