

Helping Others Through Tough Times: Victory Over Depression

"A merry heart does good, like a medicine, but a broken spirit dries up the bones." Proverbs 17:22

"A joyful heart is good medicine, but depression drains one's strength." Proverbs 17:22 (GW)

I. Introduction

"Those who are happiest are those who do the most for others."---Booker T. Washington

"No one is useless in this world who lightens the burdens of another."---Charles Dickens

"One of the most important things you can do on this earth is to let people know they are not alone in their struggles."---anonymous

"The first question which the priest and the Levite asked was: 'If I stop to help this man, what will happen to me?' But...the good Samaritan reversed the question: 'If I do not stop to help this man, what will happen to him?'"---Dr. Martin Luther King

II. Typical Coping Mechanisms When Depression or Discouragement Strikes

- Food overindulgence
- Overabundance of sleep
- Shopping/spending sprees
- Isolation
- Retreat into amusement
- Resorting to substances
- Unhealthy obsession with hobbies
- Extra-marital affairs

III. Life Lessons From God's Leaders

*"Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you...For you know that **your believing brothers and sisters around the world are experiencing the same kinds of troubles that you are.**" I Peter 4:12 & I Peter 5:9 (NKJV)*

***"I've cried out to you day and night. God, hear my cry.** My life is full of troubles and death draws near. You have thrust me down to the lowest pit, into the darkest depths." Psalm 88:1-3*

BIBLICAL EXAMPLES:

(Moses: Numbers 11; David: Psalms; Elijah: 1 Kings 19; Jonah: Jonah 3)

*"**Moses** heard all the families standing in the doorways of their tents whining and weeping, and the LORD became extremely angry. Moses was also very aggravated. And Moses said to the LORD, "Why are you treating me, your servant, so harshly? Have mercy on me! What did I do to deserve the burden of all these people? Did I give birth to them? Did I bring them into the world? Why did you tell me to carry them in my arms like a mother carries a nursing baby? How can I carry them to the land you swore to give their ancestors? Where am I supposed to get meat for all these people? They keep whining to me, saying, 'Give us meat to eat!' I can't carry all these people by myself! The load is far*

too heavy! If this is how you intend to treat me, just go ahead and kill me. Do me a favor and spare me this misery!!” **Numbers 11:10-15 (NLT)**

IV. Potential Points of Entry to Look For When Helping Others

Depression often strikes due to excessive, prolonged, or perceived...

1. _____: When one is consumed by _____
“The load is far too heavy! I’d rather you killed me than treat me like this. Please spare me this misery!” **Numbers 11:15**

“I am worn out, O Lord; have pity on me! Give me strength for I am completely exhausted.”
Psalms 6:2 (TEV)

2. _____: When one is consumed by _____
“Where am I supposed to get meat for all these people?” **Numbers 11:13**

3. _____: When one is consumed by _____
“Why are you treating me, your servant, so miserably? What did I do to deserve the burden of a people like this?” **Numbers 11:11**

V. Bringing Others into Victory: Remembering the Hope That Only Jesus Can Offer

1. Only Jesus offers me the _____ that I don’t have.
“I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.” **Romans 15:13**

“...I depend on Christ’s mighty power that works within me.” **Colossians 1:29**

2. Only Jesus offers me His faithful _____ that I can depend on.
“...You are My servant, I have chosen you and have not cast you away: Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.” **Isaiah 41:9-10 (NKJV)**

“The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?” **Psalms 27:1 (NKJV)**

“Give all your worries and cares to God, for He cares about you.” **1 Peter 5:7 (NLT)**

3. Only Jesus offers me the _____.
“For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope.” **Jeremiah 29:11 (NLT)**

“And we know that all things work together for good to those who love God, to those who are the called according to His purpose.” **Romans 8:28 (NKJV)**

“For God is working in you, **giving you the desire and the power** to do what pleases Him.” **Phil. 2:13**

ANSWER KEY:

IV. Potential Points of Entry to Look For When Helping Others

1. Fatigue-----activities
2. Fear---worry and concern
3. Frustration---unmet expectations

V. Bringing Others into Victory: Remembering the Hope That Only Jesus Can Offer

1. power to overcome
2. promises
3. perspective of His purposes