Series: Embracing and Employing Our Emotions

“Singin’ the Blues”  
David Owens  
Psalm 40:1-4  
3/21/21

A. “The best place to be when you are ______ is in ____________ _________."

B. God has created us with the ability to feel sadness for ________ reasons.

C. Sadness’s function is twofold: To let us know that we need to ________ and to cause us to seek out those who _______ and __________ us.

D. Another way that we can benefit from sadness is the way it helps us to __________ with ________.

E. Why might we be afraid to allow ourselves to feel sad?
   1. We are afraid we won’t be able to get out of the place of ___________.
   2. We mistakenly confuse sadness with ______________.

F. Studies show that 1 in _____ Americans are depressed at any given time.

G. As God’s children, we may be better ___________ with resources to handle and recover from depression, but we are not __________ from it.

H. Most of the great people of Scripture knew times of discouragement and depression: _______, _______, _______, _______, and ___________.

I. Consider the example of ____________. (1 Kings 19)
   1. He experienced the classic ________________/___________ experience.
   2. He experienced the “_________ that __________ the __________ back.”

J. The causes of his despondency:
   1. Over-__________
   2. Over-__________
   3. Self-__________
   4. ____________

K. Consider the example of ____________. (Matthew 26)
   1. He asked his ___________ to be with him.
   2. He ___________ his ___________ to them.
   3. He asked for their ___________.
   4. He poured out his _______ to his Father and __________ in his Father’s will.

L. Consider the example of ___________. (Psalm 77)
   1. What did he do in the midst of his sadness and distress?
   2. First, He ____________.
   3. Second, He __________ and __________ God’s past works.

M. Chip Ingram calls it the “_________ exercise.” - _______ your ____________.

N. Our experience can be like ________ in Psalm 40:1-2, 4...