



# Seasons of Depression

*"It can be difficult to find the motivation to continue reading the Bible or even attending church services during some of the bad seasons of depression. As a Christian, how do we deal with seasons of depression?"*

## **The Feeling of Depression is not a good feeling**

- Worship \_\_\_\_\_
- Prayers are \_\_\_\_\_
- Feeling isolated, alone and overwhelmed
- Believing no one \_\_\_\_\_, including God

## **The Psalmist Experienced This:**

Ps 44:24 Feeling that God is \_\_\_\_\_  
 Ps 13:1-2 Feeling that God has \_\_\_\_\_ you  
 Ps 39:12 Feeling that God is a \_\_\_\_\_ to you  
 Ps 42:3 A lot of \_\_\_\_\_

2. There are various levels of discouragement and depression

3. There are many causes of such feelings:

INTERNAL: \_\_\_\_\_

EXTERNAL: \_\_\_\_\_

(a) feeling that the problems are greater than you

(b) realization that you cannot fix these things

## **Mark 4:38-41 What we learn from Storms**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

## **Spiritual Depression**

- Doesn't go away \_\_\_\_\_
- Makes us become \_\_\_\_\_ towards brethren & family
- Leads to walking away from the \_\_\_\_\_

## **4. Sometimes you have to push yourself through**

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