

# TARPOO



BREAKING  
THE SILENCE  
ON TOUGH  
TOPICS

Part 5: Depression

July 16 & 17, 2016

Grant Fishbook, Lead Teaching Pastor

## **The Stigma of Depression**

In the world, it's seen as a weakness.

In the church, it's seen as a lack of faith.

### **In the Company of Greatness**

**The Prophet Jeremiah:** I am weary with my groaning and have found no rest.  
– Jeremiah 45:3

**The Patriarch Moses:** I cannot carry all these people by myself, the burden is too heavy for me. If this is how you are going to treat me, put me to death right now — if I have found no favor in your eyes — and do not let me face my own ruin. – Numbers 11:14-15

**David, King of Israel:** Save me, O God, for the floodwaters are up to my neck. Deeper and deeper I sink into the mire; I can't find a foothold. I am in deep water, and the floods overwhelm me. – Psalm 69:1-2 (NLT)

**The Prophet Jonah:** Now, O Lord, take away my life, for it is better for me to die than to live." – Jonah 4:3

**The Prophet Elijah:** Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. – 1 Kings 19:3-5

**The Apostle Paul:** We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. – 2 Corinthians 1:8

**Jesus:** Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." – Matthew 26: 38

### **Common Causes**

Long-term erosive stress

Profound loss or trauma

Unresolved chronic problems

Pressure to excel

Spiritual warfare

Medically verified challenges and imbalances

## **In the grips, this is how I navigated the dark cloud:**

**I opened my soul to God's restoration** (Psalm 23)

*There must be certain pilings driven so deeply into my soul that in times of crisis they will serve as immovable, unquestionable anchors in my life. In the night, a sailor cannot see land, nor can he get his bearings from the coastline. He must navigate by trusting the dimly lit buoys already set in place. – Wayne Cordeiro, Leading on Empty*

**I refused to isolate** (1 Kings 19:3)

**I talked it out with a wise counselor** (Proverbs 11:14)

**I received the help** (Psalm 107)

**I chose to rest** (Matthew 11:29 and Exodus 20:8)

**I gave my cloud away** (1 Peter 5:7)

**I made the choice to trust in God's unfailing love** (Psalm 13)

### **Psalm 13:1-6**

<sup>1</sup>How long, Lord? Will you forget me forever?

How long will you hide your face from me?

<sup>2</sup>How long must I wrestle with my thoughts and day after day have sorrow in my heart?

How long will my enemy triumph over me?

<sup>3</sup>Look on me and answer, Lord my God.

Give light to my eyes, or I will sleep in death.

<sup>4</sup>and my enemy will say, "I have overcome him," and my foes will rejoice when I fall.

<sup>5</sup>But I trust in your unfailing love; my heart rejoices in your salvation.

<sup>6</sup>I will sing the Lord's praise, for he has been good to me.

### **Next Step**

One of the reasons we invite people to come forward for prayer after the service is to remind them they never have to carry their burden alone. If you or someone you know is battling depression, don't hesitate to come forward for prayer. This is your opportunity to share the weight of that struggle with another person and the God who cares.

### **Small Group Questions**

- 1) What's your favorite "life-giving" summer activity?
- 2) Are you surprised that so many biblical heroes struggled with dark moments? Does that change the way you look at depression and anxiety? How?
- 3) Have you ever gone through a dark season, or are you in one now? What sustained you in the middle of the darkness?
- 4) What are some practical ways you can follow 1 Peter 5:7?
- 5) Review the scriptures and allow them to settle into your soul. What would you say to a friend who's struggling with depression? What wouldn't you say?
- 6) How can we pray for you right now and throughout the week?