

# BETHESDA TEMPLE SCHOOL OF KNOWLEDGE

## BETTER LIVING THROUGH GOD'S WORD!

### Session Three

Joshua 1:8

“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”

### GOD'S WORD FOR DEPRESSION

What does the Bible say about how to deal with discouragement and deeper negative feelings of depression?

#### 1. There is nothing new about depression

Examples.

A. Job

Job 3:1-7

B. David

Psalms 22:1-2

C. Elijah

1 Kings 19:1-4

#### 2. What is the root cause of depression?

The loss of hope!

Proverbs 13:12

Proverbs 18:14

#### 3. Can God relate to what we experience?

If you concede that Jesus was God in the flesh...as I am sure you do...then you actually have your answer. Let me show you what the Scriptures say.

A. Christ's sufferings in retrospect

Hebrews 4:15

Hebrews 12:1-3

B. Christ's Suffering in prophecy

Isaiah 53:3-6

C. Christ as He endured

Matthew 26:36-38

Luke 22:41-44

#### **4. Where can you turn when you're depressed?**

A. We must turn to God first!

Matthew 11:28-30

Philippians 4:6-7

B. Where else can we turn?

Ecclesiastes 4:9-12

Proverbs 27:10

#### **5. A final encouragement**

A. Direct your thoughts

Philippians 4:8

B. Use what you've got

1. Let the Holy Spirit work for you

Romans 8:26-27

2. Let the Spirit's fruit work in your behalf

Galatians 5:22-23

Nehemiah 8:10

***Maaz***: a fortified place; a defense; strength; stronghold.

**Action items for this week**

(and every other week)

1. Take time this week to help others.
2. Spend time with your friends.
3. Do something that you enjoy
4. Meditate on good things
5. Do or watch something that makes you laugh