

WHEN A FRIEND IS DEPRESSED

Helping A Friend Through Tough Times - Part 2

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

Psalms 38:5-8 “My wounds fester and stink because of my foolish sin. I am bent over and racked with pain. My days are filled with grief. A raging fever burns within me and my health is broken. I’m exhausted and completely crushed. My groans come from an anguished heart.”

Psalms 88:1-4, 6 “...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.”

Numbers 11:10-15 (NLT) “Moses heard all the families standing in front of their tents 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 miserably? What did I do to deserve the burden of a people like this? Are they my children? Am I their father? Is that why you have told me to carry them in my arms— like a nurse carries a baby—to the land you swore to give their ancestors? Where am I supposed to get meat for all these people? They keep complaining and saying, ‘Give us meat!’ I can’t carry all these people by myself! The load is far too heavy! I’d rather you killed me than treat me like this. Please spare me this misery!’”

WARNING SIGNS OF DEPRESSION

FATIGUE: Consumed by _____.

Numbers 11:15a “The load is far too heavy!”

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

FEAR: Consumed by _____.

Numbers 11:13 “Where am I supposed to get meat for all these people?”

FRUSTRATION: Consumed by _____.

Numbers 11:11 “Why are you treating me, your servant, so miserably? What did I do to deserve the burden of a people like this?”

THE HOPE JESUS OFFERS

1. Jesus offers me _____.

Romans 15:13 (NIV) “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

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

Philippians 4:13 (TEV) “I have the strength to face all conditions by the power that Christ gives me.”

2. Jesus offers me _____.

Isaiah 41:10 (NIV) “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

1 John 1:9 “If we confess our sins to him, he is faithful and just to forgive us and cleanse us from every wrong.”

Joshua 1:9 “Do not be afraid or discouraged for the Lord your God is with you wherever you go.”

1 Peter 5:7 “Give all your worries and cares to God for he cares about what happens to you.”

Matthew 6:33 “He will give you all you need [not all you want] from day to day if you live for him and make the kingdom of God your primary concern.”

Hebrews 11:6 “Anyone who wants to come to him must believe that there is a God and that he rewards those who sincerely seek him.”

2 Corinthians 1:20 (NIV) “For no matter how many promises God has made, they are all ‘Yes’ in Christ...”

3. Jesus offers me _____.

Romans 5:5 (NLT) “And this expectation will not disappoint us. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.”

Romans 8:28 (NIV) “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

John 10:10 (NLT) “... My purpose is to give life in all its fullness!”