

## DEFENSE AGAINST DEPRESSION

**SUGGESTED USE:** Read the full context of the passages below to better understand how these men got into their state of depression and how they got out of it.

*Many of God's servants have got into the mire of depression, and we have the record of some of their experiences, that we may avoid their depressions.*

(F.E.Marsh - 1,000 Bible Study Outlines).

EXAMPLE	CAUSE	EFFECT	RESOLUTION
<b>David</b>			
<i>"I shall one day perish by the hand of Saul" (1 Sam. 27:1)</i>	During the latter days of Saul's reign, Saul wanted to kill David and his chieftains/favorites were also against David.	David was fearful for his life and went into hiding. David chose to seek a refuge into the land of the Philistines.	See Psalm 69. He kept crying out to God. He placed his trust in the One who made him, loved him, and had always been with him.
<b>Job</b>			
<i>"Why did I not perish at birth?" (Job 3:11)</i>	With the Lords approval, Satan afflicted Job. He had painful sores on his entire body and all his children perished (read first 3 chapters of Job).	Jobs wife told him to curse God, but Job remained faithful to Him. His friends didn't offer much help. He questioned God. We can find clear signs of his frustration.	Job listened to God and had a real encounter with him. Read Job 42. He prayed for his friends and God restored his fortunes and blessed the latter part of his life more than the first!
<b>Elijah</b>			
<i>"O Lord, take away my life" (1 Kings 19:4)</i>	King Ahab tells Jezebel what Elijah had done (w/prophets of Baal). She reacts with vengeance and threatens Elijah's life.	Elijah runs for his life down to Beersheba in the desert in the southernmost part of Judah. Leaving his servant, he continues another day's journey further into the desert, crawls under a scrubby tree and, in deep depression, asks God to let him die.	God rejuvenated Elijah physically with rest and nourishment. God spoke to him. He got Elijah active and involved in ministry again. Note the <i>"Go, return on your way . . ."</i> (1 Kings 19:15). He also gave him Elisha, a spiritual partner.
<b>Moses</b>			
<i>"I cannot carry all these people by myself; the burden is too heavy for me. <sup>15</sup> If this is how you are going to treat me, please go ahead and kill me—if I have found favor in your eyes—and do not let me face my own ruin." (Num. 11:14)</i>	The people of Israel were grumbling and angry with Moses. They seemed to have forgot what God had done for them and how He delivered them from the rule of Pharaoh. They could think of nothing but the Egyptian food they had left behind.	(v.10) <i>Then Moses heard the people weeping throughout their families, everyone at the door of his tent; and the anger of the LORD was greatly aroused; Moses also was displeased.</i>	Moses' provocation led to the appointment of seventy men to assist him in the administration of the camp. These men would have been in addition to the leaders of each tribe.
<b>Jeremiah</b>			
<i>"Behold, O Lord, for I am in distress" (Lam. 1:20)</i>	Jeremiah's mourning for his homeland and his people is great. It appears, this happened after Jerusalem and Judah were carried away captive into Babylon.	He spoke explicitly about the crumbling nation of Israel. For following God faithfully, Jeremiah was attacked by his own brothers, beaten up by a priest and a false prophet, imprisoned by the King, threatened with death, thrown into a cistern by government officials, and opposed by a false prophet.	Jeremiah finds His hope alone in God. In this materialistic season, the phrase that Jeremiah utters: "The Lord is my portion" is what sustains him when all else has failed. And it doesn't immediately sustain Him; he is waiting for Him to show up. He is waiting for the Savior to come just like we are (Jer. 14:8).
<b>Jonah</b>			
<i>"It is better for me to die than to live" (Jonah 4:8)</i>	Jonah was displeased at God's demonstration of mercy towards the Ninevites. Jonah had judged these people not worthy to be saved. He is now angry that God has forgiven them.	With all the shortcomings Jonah had, he also felt sorry for himself. God is trying to show Jonah how unforgiving he is (chapt.4). God is showing him, that he should have mercy on the people of Nineveh, if he plans for God to have mercy upon him.	Repentance & prayer. - See chapter 2. <i>"When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple...What I have vowed I will make good. I will say, 'Salvation comes from the Lord.'" And the Lord commanded the fish, and it vomited Jonah onto dry land.</i>