

**What's Your Problem?
Dealing With Depression
Isaiah 61:1-3**

Isaiah 61:1-3 (NKJV) "The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound; To proclaim the acceptable year of the LORD, And the day of vengeance of our God; To comfort all who mourn, To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified."

- I. The Problem of Depression**
- II. Understanding Depression**
 - A. Depression Vs. Godly Sorrow - Ecclesiastes 7:2-4; Psalms 119:136; 2 Corinthians 7:8-10**
 - B. What Causes Depression?**
 - i. Physical Causes**
 - ii. Emotional Causes - Jonah 4:3-4**
 - iii. Spiritual Causes**
- III. Dealing with Depression**
 - A. Ministering To Others with Depression**
 - i. Be Present - Job 2:11-13; Isaiah 53:3**
 - ii. Show Compassion - Psalms 103:13-14; Romans 12:15**
 - iii. Offer Hope - Matthew 5:4; Romans 12:10-13**
 - B. When You Are Depressed**
 - i. Put Your Hope in God - Psalms 42:5-6; Isaiah 50:10**
 - ii. Trust God's Purposes - 2 Corinthians 1:3-4; 1 Thessalonians 5:16-18**
 - iii. Seek Christian Fellowship - Hebrews 10:24-25**
 - iv. Continue to do Good - 1 Peter 4:19; Ecclesiastes 11:7**
 - v. Realise the Grief is Temporary - Psalms 30:5; Revelation 21:4**
 - vi. Grow in the Fruit of the Spirit**