

The Overcoming Series – Pt 3

Overcoming Depression

Psalm 42:1-11

1 John 5:4a

1. Depression Can and Does Afflict _____ People!

Moses - Numbers 11:15 / **Elijah** - 1 Kings 19:4 / **Apostle Paul** - 2 Corinthians 1:8

David - Psalm 42

A. He Shared His Condition

1) Depressed in his Spirit (vv.5,6,11)

2) Disturbed Heart (vv.5,11)

3) Deepening Sorrow (9b)

4) Desperation of Soul (9a)

B. He Shared Its _____ and Effects

1) Spiritual Dryness (1,2)

2) Continual Weeping (vs. 3)

3) Lingering Memories (vs. 4)

4) Overwhelming Circumstances (vss. 6-8)

5) Shameful Defeat (3, 9-10) 1 Peter 5:8; John 8:42-44; John 10:10

2. _____ is Possible Through the Power of God!

1 John 4:1a

A. Revitalize Ourselves Physically, Emotionally, Spiritually!

Psalm 42:8

B. Refocus Our Trust in the Living God!

Colossians 3:16

C. Realize that With Jesus There Is Hope! Psalm 42:5,11

1 John 5:4-5; Galatians 2:20