**Perception Performance 8 Depression A - Kill Me Now**  ©2018 WF Cobb Truthbase.net ***DailyTruthbase.blogspot***

**I. What is Depression** Diminished+Dys Function 6mo; 10/20%; 39/13 thot/attempt suicide; 1/3 seek help: 80-90% feel better in wks

**II. Causes:** Genetic; Brain Chem *(St Jn, DLPA, PEA, 5HTP, GABA)*; Nutrients *D3. B6,12*; Health/Pain; Rx (Prozac); **Stress**=loss of perspectiveS

A. **Hopeless**; meaningless/purposeless; powerless; joyless; friendless; rejected not loved-view as unworthy, all pain no gain, no fun; guilt+/-

B. **Cures**: Stabilize; Realize presence-call out for help Dt 31:6; Get rid of guilt Ps 38;51; 1Jn 1:9; Grasp grace/power Heb 4:16 1Pt 5; Renew perspective Rm 8:28 Ps 84.11, Reaffirm purpose & plan, Rekindle hope in God Ps 43:5; Identify and Express/share burden w/ God & saints Gal 6; Trust Shepherd; Walk in the Light in fllshp with God and saints. A problem well defined is well on its way to resolution -bc

Isa 50:7 the Lord GOD will help Me; therefore I will not be disgraced; therefore I have set My face like a flint, and I know that I will not be ashamed. 8 He is near who vindicates/justifies me 9 Surely the Lord GOD will help Me; 10 Who fears the LORD? Who obeys the voice of His Servant? Who walks in darkness and has **no ligh**t? Let him trust in the name of the LORD and rely upon his God

**III. Biblical Successes** (Suicide is never an option – “you are not your own” 1Cor 6:20) *Job, Moses, David, Jonah, Jeremiah, Jesus, Paul*

**Job** 6:8 Oh, that I might have my request, that God would grant me the thing that I long for! 9 That it would please God to crush me... and cut me off! 10 Then I would still have comfort; Though in anguish I would exult, He will not spare; For I have not concealed the words of the Holy One. 11 What strength do I have, that I should hope? And what is my end, that I should prolong my life?

**Moses** Num 11:1 Why have You afflicted Your servant? And why have I not found favor in Your sight, that You have laid the burden of all these people on me? 14...the burden is too heavy for me. 15 If You treat me like this, please kill me here and now --- if I have found favor in Your sight --- and do not let me see my wretchedness! 17 gather 70 elders...put same Spirit upon them...

**David** Ps 13:1 Forget me forever? 3 Consider and hear me, O LORD my God; enlighten my eyes, lest I sleep the sleep of death

**Jonah** 4:3 please take my life from me, it is better for me to die than to live! 8 wished death for himself: It is better for me to die than live

**Jeremiah** 20:14 Cursed be the day in which I was born! Let the day not be blessed in which my mother bore me! Cf 15:10

**Jesus** Mk 14:34 Then He said to them, "My soul is exceedingly sorrowful, even to death. Stay here and watch." Heb 4:15-16 Isa 53

**Paul** 2Cor 1:8 trouble which came to us in Asia; we were burdened beyond measure, above strength, so that we despaired even of life. 9 Yes, we had the sentence of death in ourselves, that we should not trust in ourselves but in God who raises the dead

2Cor 6:9 as dying, and behold we live; as chastened, and yet not killed; 10 as sorrowful, yet always rejoicing;

**A. Elijah the Exhausted** *2Kg 18-19;* Victorious, but depleted and fearful - lost perspective and thus despairing; but honest talk w/ God

Are you lost or wisely following the Shepherd *(right objectives, and right (balanced) means of attaining them)* to God's perfect will?

God provides a perspective of his power, and “angels” w/ supernaturally charged natural means (bread water; people) to re-balance and recharge

**Elijah** 1Kg 19:4 went a day's journey into the wilderness, sat down... he prayed that he might die: It is enough! Now, LORD, take my life, for I am no better than my fathers! 5 as he lay and slept under a broom tree, suddenly an angel touched him: Arise and eat. 6 looked... cake baked on coals, and a jar of water. So he ate and drank, and lay down again. 7 angel of LORD came back the second time, and touched him...Horeb/Mt Sinai 13 What are you doing here, Elijah? 14 I have been very zealous for the LORD God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I **alone** am left; and they seek to take my life 15 Go, return on your way... anoint...17 shall be that whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes... Jehu, Elisha will kill. 18 Yet I have reserved 7000 in Israel, all whose knees have not bowed to Baal...

**B. Job and the Devil:** lost family and fortune, physical pain/illness; people/“friends” added to his pain

Job 2:9 Then his wife said to him, "Do you still hold fast to your integrity? Curse God and die!" 3:11 Why did I not die at birth?

Job 10:1 I loathe my very life, therefore I will give free rein to my complaint and speak out in the bitterness of my soul.

Job 30:15-17 Terrors overwhelm me…my life ebbs away, days of suffering grip me. Night pierces my bones, my gnawing pains never rest.

Honest talk w/ God; Faith in own integrity and God's Revelation (and wisdom); deeper knowledge and appreciation of God's purposes

Job 13:15 Tho He slay me, yet will I trust Him. 19:25 I know that my Redeemer lives...26 this I know, that in my flesh I shall see God,

**C. David in the Depths**: Self-inflicted thru sin → get rid of the guilt; Satanically-afflicted → pray & trust God's way and Word (Revelation)

He was troubled and battled deep dark despair. But he left a legacy in the Psalms that has ministered to countless saints thru the ages.

C1. He triumphed over guilt, anguish, loneliness, fear, grief (lost sons 2Sam 12:15; 18:33), sometimes due to his own actions/inaction,

by confessing & seeking the Lord for forgiveness and cleansing, and then taking the steps to fulfill God's promised purposes for him.

Ps. 38:4 My guilt has overwhelmed me like a burden too heavy to bear. Ps 51:1 have mercy acc hesed 2 wash cleanse me from my sin

C2. Afflicted and persecuted thru no fault of his own, he triumphed over depression doubt and discouragement thru hoping and trusting in His God

Ps 42:11 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God for I will yet praise him, my Savior and my God

Ps 40:1 waited patiently...heard my cry 2 He brought me up out of a horrible pit 4 Blessed...who trusts LORD 8 delight to do will...law

**Questions for Reflection/Discussion/Response**:

1. How does feeling down differ from depression? Do you think depression is physical, spiritual or both? Is depression a choice? Joy?

2. How does expressing trust in God's revelation thru responsive prayer and obedience align our hearts with God's will and give us hope?