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

**II. Causes:** **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 4:17 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.Isa 50:9 **no ligh**t? trust in the name of the LORD and rely

**III. Biblical Successes:** **Trio of the Troubled** lost hope in their plans, failed to understand/embrace the unique purposes God had for them

**D. Moses** overwhelmed and grieving for sins of his people*: rebellion, betrayal, grumbling ingratitude, selfish stupidity* lost sight of God's purpose and plan. He failed to look to God for perspective and strength, and assumed responsibility for which God had not given him grace.

Ex 32:32 if you will not forgive their sin--I pray, blot me out of Your book which You have written 34 go*,* lead *Acts 7:25 by his hand*

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? 13 Where am I to get meat to give to all these people? For they weep all over me, saying, 'Give us meat... 14 I am not able to bear all these people alone, 'cse 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...

**E. Jonah** the reluctant prophet, never embraced God's will/desire, yet God used him to cause a great revival. Jonah, blinded by his own perception of reality, missed the joy of obediently serving God, even while experiencing the miraculous, 'cse he focused on his own agenda.

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

**F. Jeremiah** the weeping prophet wrestled with loneliness, defeat, and despair (hopelessness). He suffered constant ridicule and rejection by those he (and God) loved. Eph 2:10 Ps 139 review of God's purposes and past actions yields hope!  *\*(corporate vs indiv)*

Jer 29:11 I know the thots I think toward you, says Lord, thots of peace, and not of evil, to give you\* a future and hope.

Jer 1:5 Before I formed you in the womb I knew you; before you were born I sanctified you; I ordained you a prophet to the nations 8 Do not be afraid of their faces, For I am with you to deliver you, says the LORD. 17 Therefore prepare yourself and arise, and speak to them all that I command you. Do not be dismayed before their faces, Lest I dismay you before them.18 made you fortified city 19 They will fight against you, But they shall not prevail against you. For ”I am with you" says the LORD, "to deliver you"

Jer 20:7 LORD, You deceived me, You are stronger than I, and have prevailed. I am in derision daily; everyone mocks me 8 The word of the LORD was made to me reproach and derision daily. 9 "I will not make mention of Him, nor speak anymore in His name." But His word was in my heart like a burning fire Shut up in my bones; I was weary of holding it back, And I could not. 11 But the LORD is with me as a mighty, awesome One. Therefore my persecutors will stumble, and will not prevail. They will be greatly ashamed, for they will not prosper. Their everlasting confusion will never be forgotten. 12 But, O LORD of hosts, You who test the righteous, and see the mind and heart, Let me see Your vengeance on them; For I have pleaded my cause before You.13 Sing to the LORD! Praise the LORD! For He has delivered the life of the poor From the hand of evildoers.

14 Cursed...day I was born! Why come from womb to see labor and sorrow, that my days should be consumed with shame? Cf 15:10

Lam 3 1 I am the man who has seen affliction by the rod of His wrath. 2 He has led me and made me walk in darkness and not in light. 5 He has besieged me and surrounded me with bitterness and woe. 6 He has set me in dark places like the dead of long ago. 7 He has hedged me in so that I cannot get out; He has made my chain heavy. 8 Even when I cry and shout, He shuts out my prayer. 14 I am the ridicule of all my people....taunting

17 You have moved my soul far from peace; I have forgotten happiness/prosperity. 18 "My strength and my hope Have perished from the LORD

19 I remember my affliction and roaming, 20 My soul still remembers and sinks within me. 21 This I recall to my mind, therefore I have **hope**.

22 Through the LORD's mercies we are not consumed, because His compassions fail not. 23 They are new every morning; Great is Your faithfulness.

24 " The LORD is my portion," says my soul, " Therefore I hope in Him!" 25 LORD is good to those who wait for Him, To the soul who seeks Him.

26 It is good that one should hope and wait quietly for the salvation of the LORD.

28 Let him sit alone and keep silent, because God has laid it on him; 31 For the Lord will not cast off forever. 32 Tho He causes grief, yet He will show compassion acc to the multitude of His mercies. 33 For He does not afflict willingly, nor grieve the children of men. 34 To crush under one's feet All the prisoners of the earth, 35 To turn aside the justice due a man before the face of the Most High, 37 Who is he who speaks and it comes to pass, when the Lord has not commanded it? 38 Is it not from the mouth of the Most High that woe and well-being proceed?

39 Why should a living man complain, a man for the punishment of his sins? 40 Let us search out and examine our ways, And turn back to the LORD; 41 Let us lift our hearts and hands To God in heaven. 42 We have transgressed and rebelled; You have not pardoned.43 You have covered Yourself with anger and pursued us; You have slain and not pitied 44 You have covered Yourself with a cloud, That prayer should not pass through. 46 All our enemies Have opened their mouths against us. 47 Fear and snare have come upon us, desolation and destruction. 49 My eyes flow and do not cease 50 till LORD from heaven looks down and sees. 52 My enemies without cause Hunted me down like a bird.

55 I called on Your name, O LORD, From the lowest pit. 56 You have heard my voice: "Do not hide Your ear From my sighing, from my cry for help." 57 You drew near on the day I called on You, and said, "Do not fear!" 58 O Lord, You have pleaded the case for my soul; You have redeemed my life. 59 O LORD, You have seen how I am wronged; Judge my case.

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

1. How can our “vision” of what God can and will do to/thru us both help and “hurt” us? How does daily humility yielding to Thy will be done save us?

2. What can we learn from Moses choosing to suffer affliction with the people of God (Heb 11)

3. What can you observe in Jeremiah's prayer (Lam 3) to gain God's perspective on your life, and gain hope/light in the darkness?