Series: "COLLIDE" Part 1: "OVERCOMING DEPRESSION" **Crossroads Community Church** June 16, 2019

¹ I cried out to God for help; I cried out to God to hear me. ² When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted. ³ I remembered you, God, and I groaned; I meditated, and my spirit grew faint. ⁴ You kept my eyes from closing; I was too troubled to speak. ⁵ I thought about the former days, the years of long ago; ⁶I remembered my songs in the night. My heart meditated and my spirit asked: ⁷ "Will the Lord reject forever? Will he never show his favor again?⁸ Has his unfailing love vanished forever? Has his promise failed for all time?⁹ Has God forgotten to be merciful? Has he in anger withheld his compassion?" ¹⁰ Then I thought, "To this I will appeal: the vears when the Most High stretched out his right hand.¹¹ I will remember the deeds of the LORD; yes, I will remember your miracles of long ago. ¹² I will consider all your works and meditate on all your mighty deeds." Psalm 77:1-12 (NIV)

Overcoming Depression requires....

1. God's works ¹³ Your ways, God, are holy. What god is as great as our God? ¹⁴ You are the God who performs miracles; you display your power among the peoples. ¹⁵ With your mighty arm you redeemed your people, the Psalm 77:13-15 (NIV) descendants of Jacob and Joseph.

______who _____truly is 2.

¹⁶ The waters saw you, God, the waters saw you and writhed; the very depths were convulsed. ¹⁷ The clouds poured down water, the heavens resounded with thunder; your arrows flashed back and forth. ¹⁸ Your thunder was heard in the whirlwind, your lightning lit up the world; the earth trembled and guaked. ¹⁹ Your path led through the sea, your way through the mighty waters, though your footprints were not seen. ²⁰ You led your people like a flock by the hand of Moses and Psalm 77:16-20 (NIV) Aaron.

3. _____to wait for and trust God's _____

³¹ but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31 (NIV)

An action plan for overcoming depression: (courtesy of Chip Ingram)

- 1. Examine your THINKING:
 - Do you recognize that it is normal to feel depressed now and • then?
 - Is your focus on the pressure/problems you're experiencing; or • on your response to those pressures/problems?
- 2. Examine your BEHAVIOR:
 - Are you choosing positive or negative responses to your depression?
 - Have you willfully stopped to recall God's blessings in your past?
 - Pictures, old videos, slides, journals, albums, etc.
- 3. Examine your FUTURE:
 - Can the God who did so much in your past handle what you are facing today?
 - Is there a specific, positive step you could take to thank God or to help someone else in order to demonstrate your confidence in God's love for you?

Sermon Notes:

