

# Deadly Emotions – Depression

## I Samuel 27

**SERIES:** We are in a series of messages entitled “Deadly Emotions”. We began this series last week by saying that God created you as an emotional being. Emotions are not evil, but left unguarded our emotions can cause great damage to our personal state of mind and our relationships with others.

Last week we began the series talking about Anger. This week we are looking at the emotion of Discouragement or it’s more severe, long term counterpart Depression.

### **ME - PERSONAL ILLUSTRATION:**

*I can remember two times in my life since I was a Christian that circumstances were such that I developed a sorrow I just couldn't shake. A gloom settled over me so thick that I could almost feel it. It was almost impossible to get out of bed in the morning, when I did force myself out of bed I did just what I had to do that day then went back to bed that night as soon as possible. I was depressed. I felt dead. No one could say or do anything that could make me “feel” any better. I even went so far that I cried out to God to take me home if things would get no better...*

### **WE -**

- Every year in the United States, **seventy thousand people** succeed in committing suicide. Many try and do not succeed, **Fully one-half of those who succeed in suicide, do so because they are severely depressed.**

For many it doesn't end with the loss of physical life, but emotionally, mentally they are dead. They quit feeling....

- The #1 most prescribed medication in our country are the **anti-depressants**.
- According to the **uplift program**, the fastest growing segment of our society who are taking depression medication are the **preschoolers**.

In this room today there are some of you who have been through what John Bunyan called the slough of despond. Others whose paths will take them there.

Discouragement has a way of blinding you to your great resources in Christ. It is possible to live as if there were know hope, no heaven.

### **GOD - BIBLE -**

- **The Bible teaches that Jesus was a, “Man of sorrows, acquainted with grief”**

- **In Romans 9:2** Paul spoke of having great sorrow and unceasing grief in his heart.
- **Today we are going to look at Depression in the life of David.**

Anyone who has read the Psalms knows that David often found himself in terrible trouble. And he also found his way out. Someone said, “Success leaves clues” Let’s see if we can find some in the life of David -

#### **CONTEXT:**

**Saul** - Israel wanted a King and they demanded one from the Prophet Samuel. Samuel took their request to God and God granted their request by giving them a man after their own heart – SAUL. Saul started out right, but the power of his office quickly corrupted him and he began to disregard the commands of God. God told Samuel that he was going to take the Kingship from Saul and give it to a more worthy man – a man after His own heart.

**David** - That man was David was the youngest son of Jessie. Samuel was led by God to the house of Jessie. He called for all of Jessie’s boy to come before him and none of them were the Lord’s choice. He asked Jessie if these were all his boys, and Jessie said, “Oh yes there is one more but I didn’t bother calling him in... he’s the runt... his name is David.” David was out in the Pasture tending the flock of Jessie. They sent for him, he came and stood before the Prophet – Samuel took the flask of oil from around his neck and poured on the head of young David, signifying that David had already been anointed by God as the next King over Israel.

**Path from Pasture to Palace** - From that point in time David’s destiny was set. Not a demon in hell could keep David off the throne. God began to work greatly in David’s life – opening up strategic opportunities to slay Goliath, to serve in the Kings court. Everything was going according to plan.

**Saul fought against God’s will and turned on David** - But rather than relinquish the throne, Saul stayed around. As Saul recognized God’s mighty hand on David he began to resent David and hate him. As we talked last week his anger ultimately led to attempted murder. Time and again Saul would attempt to take the life of David. Ultimately David became a wanted man. Hiding in caves and desserts. ***It was at that time he became severely depressed.***

#### **TENSION**

- **What are we to do when we are marred down in the slough of despond?**
- **How are we to escape is strong grasp?**

## **1. Recognize The Causes of Depression**

Scientists are not exactly sure what causes clinical depression.

**Go to the MayoClinic.com and type depression and here is what they will give you-**

There's no *known* cause for depression. *Scientists don't fully understand* how imbalances in neurotransmitters cause signs and symptoms of depression. *It's not certain whether changes in neurotransmitters are a cause or a result of depression.*

- **Certain Medications can have depression as a common side effect**
- **Chronic Illnesses**, such as heart disease, stroke, diabetes, cancer or Alzheimer's disease, puts you at higher risk of developing depression.
- **It's common for mothers to feel a mild form of distress that usually occurs a few days to weeks after giving birth.**
- **Hormonal changes.** Women experience depression about twice as much as men, which leads researchers to believe hormonal factors may play a role in the development of depression.

**If you are battling a depression that cannot be linked to any life event see a medical professional. There may be a physical cause to your depression and there may be chemical help.**

**But this doesn't seem to be the case with David. His depression seemed to have Spiritual and mental causes and friend if you have a spiritual problem, you need a spiritual solution.**

### **a. Unhealthy Thinking**

*<sup>1</sup> Then David said to himself, "Now I will perish one day by the hand of Saul.*

**Friend everybody talks to themselves. That's ok, you just have to be careful what you say when you talk to yourself.**

**Think about it;**

- Samuel told him that he would be King
- Abigail recognized in **25:30** that David would one day be King

But David began to speak non-truth to himself.

- **He developed insecurity**
- **He developed doubt**
- **He Lost hope –**
  - **You can live without a lot of things, but hope is not one of them.** Hope deferred makes the heart sick.

You have to be very careful about what you say to yourself!

- If someone says in their heart, “God doesn’t care about me,” it will make a difference in their life.
- If someone says in their heart, “I deserve better than this,” it will make a difference in their life.

### **ILLUSTRATION:**

**Robert Hawkins - The young man who shot those people in a mall in Nebraska left a note here is what it said,**

- "I've been a piece of dung my entire life it seems this is my only option,"
- "Please understand that I just don't want to be a burden on the ones that I care for my entire life," he went on to say. "I just want to take a few pieces of [dung] with me."

**Long before Robert Hawkins engaged in wrong actions, he engaged in wrong thinking.**

### **Philippians 4:8 (NASB95)**

<sup>8</sup> Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, *think on these things.*

**Friend your emotions tend to follow your thinking. If you want to have good emotions, you must engage in good thinking.**

**That is why I’m telling you it is very important what you feed your mind. The Songs you listen to, the books you read, the movies you watch.**

*Not only did David engage in unhealthy thinking...*

### **b. Unguarded Emotions**

**Think about what David had experience in the last few months.**

#### **Major Wins-**

- He defeated Goliath
- He overcame the strong temptation to kill Saul 2 times
- He overcame the temptation to kill Nabal.
- He got married.

#### **Major Loses-**

- Saul in a demonic fit, turned against David and on a number of occasions tried to kill him.
- He lost the companionship of his best friend Jonathon.

- The Intimacy of his wife.
- The Security of Samuel the Prophet.

**If you allow yourself to experience extreme highs or extreme lows you will find that depression is a result.**

**Vince Lombardi**, *“Fatigue makes cowards of us all”*.

**That is why Proverbs 4:23 says,**

<sup>23</sup> Watch over your heart with all diligence, For from it *flow* the springs of life.

*To add to that...*

*Well those are the causes of David’s depression... he thought wrong, and he felt wrong and that began the downward spiral that affected his behavior.*

## **2. The Consequences of Depression**

### **a. Lack of Prayer**

*Not one time in this period in David’s life do we have recorded that David prayed.*

It seems that the fog of depression had clouded David’s view of God.

***POINT - Friend listen that is why you need the preaching of the Word of God! Remember what had just happened? The Prophet died. Samuel could have straightened out David’s thinking, but he was gone.***

**LISTEN;** When people go into depression they tend to run from Church. That’s the one time you need the preaching of the Word! As much as you can get!

### **b. Loss of Productivity**

David didn’t write any psalms during this period of life.

His song was gone.

### **c. A grabbing at straws**

**1 Samuel 27:2-3 (NASB95)**

<sup>2</sup> So David arose and crossed over, he and the six hundred men who were with him, to Achish the son of Maach, king of Gath. <sup>3</sup> And David lived with ***Achish at Gath.***

Do you remember who is from Gath?

Goliath of Gath!

He goes to Gath!

Listen that's the danger of depression undealt with is a grabbing at straws.

### **Now let's talk a minute, where is your Gath?**

Where is that place, or that thing that in your right mind you would battle against, but when you engage in stinking thinking you find yourself sojourning in?

- Is your Gath a bottle?
- Is it drugs?
- Is it an escapist sin – gambling, pornography?
- Is it an illicit relationship?

### **d. Hurting of Others**

#### **1 Samuel 27:3 (NASB95)**

<sup>3</sup> And David lived with Achish at Gath, he and his men, (600) each with his household, even David with his two wives, Ahinoam the Jezreelitess, and Abigail the Carmelitess, Nabal's widow.

So David goes down into Gath and takes a lot of other people with him.

**John Maxwell says, "Hurting people hurt people."**

#### **1 Samuel 27:8-9 (NASB95)**

<sup>8</sup> Now David and his men went up and raided the Geshurites and the Girzites and the Amalekites; for they were the inhabitants of the land from ancient times, as you come to Shur even as far as the land of Egypt. <sup>9</sup> David attacked the land and did not leave a man or a woman alive, and he took away the sheep, the cattle, the donkeys, the camels, and the clothing. Then he returned and came to Achish.

### **e. Vagueness and Lack of Accountability**

**David had to report back to Achish and notice how his words were becoming deceptive and vague:**

#### **1 Samuel 27:10 (NASB95)**

<sup>10</sup> Now Achish said, "Where have you made a raid today?" And David said, "Against the Negev of Judah and against the Negev of the Jerahmeelites and against the Negev of the Kenites."

Friend when you can't get the truth out of your kids, that's not a sign of Adolescence that is normally a sign of sinfulness.

### **f. Family Problems**

**David and his people were living in a town called Ziklag**

#### **1 Samuel 30:1-3 (NASB95)**

<sup>1</sup> Then it happened when David and his men came to Ziklag on the third day, that the Amalekites had made a raid on the Negev and on Ziklag, and had overthrown Ziklag and burned it with fire; <sup>2</sup> and they took captive the women *and all* who were in it, both small and great, without killing anyone, and carried *them* off and went their way. <sup>3</sup> When David and his men came to the city, behold, it was burned with fire, and their wives and their sons and their daughters had been taken captive.

#### **1 Samuel 30:4 (NASB95)**

<sup>4</sup> Then David and the people who were with him lifted their voices and wept until there was no strength in them to weep.

#### **1 Samuel 30:6 (NASB95)**

<sup>6</sup> Moreover David was greatly distressed because the people spoke of stoning him, for all the people were embittered, each one because of his sons and his daughters.

*David had hit Rock Bottom... That is where he had no where else to look but up.*

### **3. The Cure for Depression**

#### **a. Get your focus off of the horizontal and onto the vertical**

30:6B - But David strengthened himself in the LORD his God.

David did what so many of us do – rather than turning to God first at the onset of discouragement, we turn to Him as a last resort.

*I'm going to make a radical suggestion to you, cry out to God first rather than last.*

**But, whenever it is, CALL OUT TO GOD.**

**God is ok with you calling out to him in times of distress...**

- **Psalm 46:1 (NASB95)**  
God is our refuge and strength, A very present help *in trouble*.
- Jesus taught us to pray, "Deliver us from evil"

God knows you are going to get yourself in a mess from time to time... and God is ready and willing to get you out!

#### **b. Pray – Call out to God**

##### **1 Samuel 30:7 (NASB95)**

<sup>7</sup> Then David said to Abiathar the priest, the son of Ahimelech, "***Please bring me the ephod.***" So Abiathar brought the ephod to David.

**The Ephod was what the Old Testament people used to hear from God.**

**He didn't ask God's opinion before he went to Gath, but he's sure asking now.**

- Some of you today need to hit Rock bottom so the only place you can look is up!
- Some of you today need to go home and get in a prayer closet and say, “Bring me the ephod, I’m going after the Lord!!!!”
- The Prodigal Son hit rock bottom and the Bible says, “he came to himself and he said, I will arise and go to my Father!!!!”

### **c. Recognize God’s Powerful Hand in the Big Picture**

**Chpt. 31** Saul’s life and reign ends clearing the way for David to ascend to the throne of Israel. You see God was bringing his plan into fruition without David’s fretting, without David’s fighting.

**Pastor Leith Anderson writes in his book Leadership that Works –**

*In the heat of a tough leadership battle it is easy to lose hope, become pessimistic, and convince ourselves of defeat... But as Christians we must open our eyes to the view from where Jesus sits... When I am discouraged and my hope runs thin, I remember that I am a part of something much bigger than I am, and much more important than the local Church of which I am a part. I belong to the church of Jesus Christ, and the gates of Hell will not overcome it. Seeing the kingdom of God, not just my little corner of it, is enormously encouraging to me.*

### **CLOSING ILLUSTRATION;**

**William Kaplar**, the well-known poet and hymn writer was reminded of God’s Sovereign hand in the midst of his depression.

One day he hired a cab to drive him to a bridge in London where he intended to jump off and commit suicide. The driver became lost in the fog and when he got out to get further instructions – Kaplar got out and discovered he was standing in front of his own house. He'd intended to jump. He meant to die. But God somehow, in His mysterious way, caused that driver to become lost and Kaplar woke up in front of his own home. He dismissed the cab, went back to his study and wrote the beautiful hymn:

*"God moves in mysterious ways, His wonders to perform. Plants His footsteps in the sea, and rides upon the storm. Ye fearful saints, fresh courage take. The clouds ye so much dread are big with mercy, And shall break with blessings on your head."*

**LIKE DAVID, ENCOURAGE YOURSELF IN THE LORD!**