



## You might be surprised who is depressed.

### 1. Moses

Numbers 11:14 *I cannot carry all these people by myself; the burden is too heavy for me. 15 If this is how you are going to treat me, put me to death right now — if I have found favor in your eyes — and do not let me face my own ruin."*

### 2. David

Psalms 38:6 *I am bowed down and brought very low; all day long I go about mourning. 7 My back is filled with searing pain; there is no health in my body. 8 I am feeble and utterly crushed; I groan in anguish of heart.*

9 *All my longings lie open before you, O Lord; my sighing is not hidden from you. 10 My heart pounds, my strength fails me; even the light has gone from my eyes. 11 My friends and companions avoid me because of my wounds; my neighbors stay far away. 12 Those who seek my life set their traps, those who would harm me talk of my ruin; all day long they plot deception.*

13 *I am like a deaf man, who cannot hear, like a mute, who cannot open his mouth; 14 I have become like a man who does not hear, whose mouth can offer no reply. 15 I wait for you, O LORD; you will answer, O Lord my God. 16 For I said, "Do not let them gloat or exalt themselves over me when my foot slips."*

17 *For I am about to fall, and my pain is ever with me. 18 I confess my iniquity; I am troubled by my sin. 19 Many are those who are my vigorous enemies; those who hate me without reason are numerous. 20 Those who repay my good with evil slander me when I pursue what is good. 21 O LORD do not forsake me; be not far from me, O my God. 22 Come quickly to help me O Lord my Savior.*

### 3. Elijah

1 Kings 19:4 *while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." 5 Then he lay down under the tree and fell asleep.*

### 4. Job

Job 3:20 *"Why is light given to those in misery, and life to the bitter of soul, 21 to those who long for death that does not come, who search for it more than for hidden treasure, 22 who are filled with gladness and rejoice when they reach the grave?"*

### 5. Solomon

Ecclesiastes 1:12 *I, the Teacher, was king over Israel in Jerusalem. 13 I devoted myself to study and to explore by wisdom all that is done under heaven. What a heavy burden God has laid on men! 14 I have seen all the things that are done under the sun; all of them are meaningless, a chasing after the wind.*

## 6. Jeremiah

Jeremiah 9:1 *Oh, that my head were a spring of water and my eyes a fountain of tears! I would weep day and night for the slain of my people.*

## 7. Jonah

Jonah 4:2 . . . *I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity.* 3 *Now, O LORD, take away my life, for it is better for me to die than to live."*

## 8. Paul

2 Corinthians 1:8 *We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life.* 9 *Indeed, in our hearts we felt the sentence of death.*

## One man's story

APA DSM 5	DAVID
Sadness	Psalm 38:6 . . . <i>all day long I go about</i>
Loss of appetite	Psalm 42:3 <i>My tears have been</i>
Trouble with sleep	Psalm 6:6 . . . <i>I flood my bed with</i>
Loss of energy	Psalm 31:10 . . . <i>my strength</i>
Slow movements	Psalm 38:13 . . . <i>I am like a</i>
Guilt, worthlessness	Psalm 32:4 . . . <i>your hand was</i>
Difficulty thinking	Psalm 13:2 . . . <i>I wrestle with my</i>
Thoughts of death	Psalm 55:4 . . . <i>The terrors of death</i>

## It is not my problem.

1. Depression is common and usually treatable.
2. Depression will touch each of our lives at some point.
3. Depression is not a sign of weakness.
4. Depression is not lacking faith in God.
5. The Bible recommends medicine when available.

Proverbs 31:6-7 *Give beer to those who are perishing, wine to those who are in anguish; 7 let them drink and forget their poverty and remember their misery no more.*

6. The Bible teaches us to help each.

Galatians 6:2 *Carry each other's burdens, and in this way you will fulfill the law of Christ.* 5 *for each one should carry his own load.*