

# FREEDOM *from* DEPRESSION

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Our expectations set us up for enormous disappointments.

Deep sadness and grief are real emotions but are not depression.

**I. Characteristics of Depression**

Typical signs that people demonstrate who are battling depression.

Two wrong views about depression:

- Classifying a day of grief as depression.
- Christians who are judgmental about depression.

4 causes of depression – biological, relational, circumstantial, and spiritual.

Bible characters who dealt with depression –

Proverbs 12:25

**II. A Biblical Example of Depression.**

Lamentations 3:1 – 20

Listen to how Jeremiah describes his emotions after watching the fall of Jerusalem.

**III. Three Principles to Remember When Battling Depression.**

- 1<sup>st</sup> - emotions are real but not permanent.
- 2<sup>nd</sup> - never make permanent decisions or conclusions from how you feel.
- 3<sup>rd</sup> - when you feel hopeless always recognize God can change your situation.

Remember God’s character.

Remember God’s mercies. Verse 21 – 23

Remember to preach to your soul. Verse 24

Psalms 23

**Notes:**

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