

Two Truths for Times of Depression

Peace of Mind: Part 3

Nathaniel Sorensen * July 2, 2023 * New Life Vineyard Church

Anxiety in a man's heart weighs it down, but a good word cheers it up.

Proverbs 12:25

Four Root Causes of Depression:

- a. _____
- b. _____
- c. _____
- d. _____

*I am the man who has seen affliction under the rod of God's wrath.
He has driven me away and forced me to walk in darkness instead of light...
He has laid siege against me, encircling me with bitterness and hardship.
He has made me dwell in darkness like those who have been dead for ages.
He has walled me in so I cannot escape; He has weighed me down with chains.
Even when I cry out and plead for help, He rejects my prayer...
My soul has been deprived of peace; I have forgotten what happiness is.
Then I thought: My future is lost, as well as my hope from the LORD.
Remember my affliction and my homelessness, the wormwood and the poison.
I continually remember them and have become depressed.*

Lamentations 3:1-2, 5-8, 17-20

Complete the Truths

1. Your emotions are _____,
but they are not _____.

We won't make permanent _____
based on temporary _____.

2. Your situation may feel _____,
but with God there is always _____.

I continually remember [these afflictions] and have become depressed.

Yet I call this to mind, and therefore I have hope:

Because of the LORD's faithful love we do not perish, for His mercies never end.

They are new every morning; great is Your faithfulness!

I say: The LORD is my portion, therefore I will put my hope in Him.

The LORD is good to those who wait for Him, to the person who seeks Him.

It is good to wait quietly for deliverance from the LORD.

Lamentations 3:20-26

What Do I Do?

- a. _____ the experience.
- b. Acknowledge, "I need _____."
- c. Change your _____.

For this is what the LORD says: "When 70 years for Babylon are complete, I will attend to you and will confirm My promise concerning you to restore you to this place. For I know the plans I have for you" – this is the LORD's declaration – "plans for your welfare, not for disaster, to give you a future and a hope. You will call to Me and come and pray to Me, and I will listen to you. You will seek Me and find Me when you search for Me with all your heart."

Jeremiah 29:10-13