

# YOU

**Sermon Series: When Emotions Rise**

**To be used with: Session 6: Winning Over Depression**

**Sermon Title Possibilities: Feeling Depressed**

**Scripture: Psalm 31:1-8**

**Connection with Unit Theme:** To complement the small group study “*When Emotions Rise*,” this sermon explores how believers can approach feelings of depression. Though they are often intense, feelings of depression can be managed.

**Introduction:** Depression is real. Statistics show that people inside and outside of the body of Christ wrestle with being depressed. The recent health, economic, and political crises have only exacerbated the problem. No one is immune from experiencing feelings of depression. Famous athletes and entertainers have come forward recently to share their struggles with depression in attempts to help others.

In Psalm 31, David demonstrates an approach that believers may use when feeling depressed. We can take our depression to God, just as we can any other concern. God knows our deepest longings and our true feelings cannot be hidden from Him. Because of this, we should feel free to present our concerns to Him honestly and trust Him to act in our best interests.

## **1. An Urgent Request (v. 1-2)**

David knows on whom he depends. He finds refuge in God. Because of this, he has the right to seek aid from God. David does not want to be disgraced for trusting in God. Sometimes we may be tempted to put our trust in earthly things, but they are temporary, and we should not rely on them (Matthew 6:19). Like David, our only hope for deliverance is God's righteousness.

As a child would cry out for a parent, David calls out to God for assistance. He wants God to listen to him. David wants to be rescued quickly; this is no time for delay in his mind. He feels he is in an emergency. Depression can occupy our thoughts so we can think of nothing else. In those times we must recognize God is the source of our stability and security.

## **2. An Understood Relationship (v. 3-4)**

David recognizes who God is and has been to him. Each of us should take the time to reflect on our relationship to God. He is our foundation and our source of security. It is for God's own name's sake that David trusts God to lead and guide him. Like David, we must understand that our relationship to God is built upon the strength of His character.

David appeals to God as a Rescuer, asking God to free him from the traps others have laid for him. We can call on God to help us in times of trouble as well. While others may seek to harm him, David relies on the relationship that has been cultivated over time as he appeals to God. By referring to God as his refuge, David affirms that God protects him from harm.

### **3. An Ultimate Restoration (v. 5-8)**

Depression may cause us to feel hopeless and at the mercy of our circumstances. David resists this and recognizes that he is in the Lord's care. He yields himself entirely to God's activity and will. Jesus quotes this psalm as He offers His final words on the cross (Luke 23:46). We must place ourselves in God's hands as well, expecting him to bring something good out of what we are facing.

In the midst of his circumstances, David is able to look toward the future. Depression often strips away our ability to do this and restricts our view to the problems of the present. In changing circumstances, God's love remains constant. Depression may make us think that no one understands or cares, but David recognizes that God knows and understands him thoroughly. Difficult circumstances will not last forever, and God will bless us in the end.

**Conclusion:** Problems do not have the last word, whether they be disappointments, disasters, or even death. Depression may cause us to lose sight of this. The death, burial, and resurrection of Jesus demonstrate, however, that God is able to use the worst circumstances for our benefit and his glory. We can trust Him with feelings of depression and anything else we face.

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