

THE REAL STORY

WHAT ARE YOUR EMOTIONS TELLING YOU?

November 7, 2021

"DEPRESSION"

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LAMENTATIONS 3:1-30 (ESV)

SERIES PREMISE: Your emotions reveal what is really going on in you.

AUGUSTINE: "Our emotions often function like smoke from a fire... they tell us what is really going on in our heart."

INSIGHT: Our emotions are alarms... they indicate a life issue exists that needs to be dealt with.

I. DEPRESSION IS COMPLEX.

INSIGHT: Depression operates on a continuum with discouragement at one end and depression at the other.

FACTORS:

1. The spiritual, our walk with the Lord
2. The biological
3. The social

THE CHALLENGE: God made us a psychosomatic unity, which means it is impossible to separate our souls from our bodies, and what happens in one inevitably affects the other.

II. THE EMOTION OF DEPRESSION

INSIGHT: Depression begins with discouragement.

INSIGHT: Lamentations is a book about how bad everything is, from the life experience of the Prophet Jeremiah.

INSIGHT: It is from the hell hole of mud and bleakness that the Holy Spirit inspired Jeremiah with Lamentations.

INSIGHT: Do you see, child of God, that you are not alone in your thoughts and despair?

TRUTH: Faith starts with honesty before God, but it doesn't stop there.

III. THE PATH OUT OF DEPRESSION

TRUTH: Lamentations 3:21-23 is the anchor point for a life of pain and misery.

THE PATH THROUGH DEPRESSION:

1. Remember the goodness of God.

INSIGHT: Your emotions don't have brains. You have to think for your emotions and tell them how to feel.

2. Learn the lesson God is trying to teach you.

TRUTH: God often does His best work in us when we don't know why we suffer.

WHAT GOD MIGHT BE UP TO IN YOUR DEPRESSION:

1. To take some idol from our lives, Psalm 119:71
2. To get our attention
3. To humble us, 2 Samuel 16:9-14
4. To prepare us for ministry, Lamentations 3:26
5. To relate to others who hurt

IV. GET UP TOMORROW AND LOOK FOR THE GOODNESS OF GOD (v. 22).

TRUTH: If you're not dead, God's not done! Psalm 139:13-16

OUR CLOSING DECLARATION TOGETHER:

Lamentations 3:21-23, *"But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; his mercies never come to an end. They are new every morning, new every morning...GREAT IS YOUR FAITHFULNESS, O GOD!"*