



THE JOURNEY OF DEPRESSION

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RICK BAYER

Psalm 88

Two facts about depression:

Depression is a universal problem.

Depression is an ancient problem.

While he himself went a day's journey into the wilderness. He came to a broom bush, 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." 1 Kings 19:4

My tears have been my food day and night, while people say to me all day long, "Where is your God?" Psalm 42:3 Why, my soul, are you downcast? Why so disturbed within me? Psalm 43:5

Now, LORD, take away my life, for it is better for me to die than to live." Jonah 4:3

Cursed be the day I was born! May the day my mother bore me not be blessed!...Why did I ever come out of the womb to see trouble and sorrow and to end my days in shame? Jeremiah 20:14,18

Lament is a repeated cry of pain, rage, sorrow, and grief that emerges in the midst of suffering, depression and alienation.

"We have this hope as an anchor for the soul, firm and secure."
Hebrews 6:19

The truest friends and "helpers" are those who wait for the griever to emerge from the darkness that swallowed them alive without growing afraid, anxious or impatient. They don't pressure their friend to be the old familiar person they're used to; they're willing to accept that things are different, embrace the now-scarred one they love, and are confident that their compassionate, non-demanding presence is the surest expression of God's mercy to their suffering friend. They're ok with messy and slow and few answers ... and they never say "Move on." *Kay Warren*

Questions for discipleship group and/or personal study:

How do you account for the immense popularity of the Netflix series "13 reasons why"?

Do you believe depression is a sign of spiritual failure? Why or why not? How would you respond to a friend who believes that?

Read Psalm 88.

Are you surprised this dark Psalm is in the Bible? Why or why not?

The author appears to get more frustrated by his praying. Have you ever had this experience?

He blames and accuses God (v. 6-9). Have you ever done the same? What was the result?

How would you journey with a friend whose life reflects Psalm 88?

If you are that friend, how can your discipleship group help you?

Questions/comments about today's message?

Text 778-846-3225, rick@gracepoint.ca

or via twitter: @gracepointca