

HOPE

March 10 - April 21

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Depression

March 17, 2019

Big Idea: Depression compels us to not do what we must do to recover...**move** ourselves, **connect** with others, and **find hope in God**.

Depression Inhibits Movement... *"I don't want to get up."*

Chronic Pain; Weight Gain; Addiction; Lack of energy, focus, and motivation; Lack of self-care; Sleep disorder

Depression Causes Us to Disconnect... *"I want to be alone."*

Persistent feeling of sadness, loneliness, and hopelessness; Persistent anxiety and fear; Persistent Anger; Feeling guilty, hating oneself, feeling nothing... ("I'm messed up, I'm not normal").

Depression and Faith are Normal...

- Moses (Numbers 11:14-15)
- David (Psalm 6:2-7)
- Jonah (Jonah 4:3)
- Job (Job 3, 10)
- Elijah (1 Kings 19)
- Jeremiah (Jeremiah 15; 20)
- Paul (2 Corinthians 1:8)

How to Recover if You are Depressed... Move

Keep a daily routine; Exercise and Nutrition; Find a hobby

How to Recover if You are Depressed... Connect

Unplug from technology; Relationships matter; Serve others

For those that aren't depressed... share the burden (Galatians 6:2-3)

How to Recover if You are Depressed... Find Hope in God (Jeremiah 15:1; Lamentations 3; Psalm 34:18; Hebrews 12:2)

- Prayer... never stop talking to God
- Gratitude... you can be both depressed and blessed
- Never miss church... take your medicine
- Have one unhurried time a day in the Bible
- Keep your eyes open to what God is doing in your pain