

DEALING WITH DEPRESSION

No matter what we are going through, Jesus walks through it with us.

Plants need water, air, nutrients, time and light to grow. Plants can't grow in darkness...and neither can we.

Lack of motivation. Feelings of hopelessness. Constantly exhausted. Physical pain.

These are just a few of the symptoms of depression. Depression is a thief who takes over our thoughts and emotions, robbing us of our hope, joy and peace. Many who battle with depression, and it is a battle, have learned to hide it behind a mask and a smile, while others outwardly express their pain.

Depression can feel like an overwhelming darkness that leads into a pit. It feels like no matter how hard you try, the light can't break through. Friends' encouragement lands like seed on dry soil. And you begin to wonder if things will ever get better until one day you realize you don't even care any more. Have you been here?

If so, or if you know someone battling depression, there is hope!

Psalms 40:2-3 says,

2 "He lifted me out of the slimy pit,
out of the mud and mire;
He set my feet on a rock
and gave me a firm place to stand.

3
He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the LORD
and put their trust in Him.

Friend, Jesus sees you in the depths of your darkness. He is reaching out His hand, ready to rescue you from your slimy, dark pit. He will never leave you or abandon you.

How do you let the Light back into your dark spaces? First, by taking every thought captive and making it obedient to God's word. He has spoken life

over you, over your finances, over your singleness, over your children, over your marriage, over your future. He has come to give you a future and a hope (Jeremiah 29:11).

Next, after you've taken your negative thoughts captive, replace them with truth. Philippians 4:8 tells us what to think about things that are noble, right, pure, lovely, admirable, excellent, and praiseworthy. This might take time and intentionality before it becomes routine for you, but it will be worth it as you see peace, joy and hope restored.

Finally, you weren't meant to walk this journey alone. We are communal beings created with the deep desire for connection and friendship. It can be scary to let people in. Vulnerability takes courage. You have a community here at The Crossing who cares deeply for you and is ready and willing to walk with you on this journey. Jesus is with you and so are we.

Prayer

God, I trust You and know You are working all things out. Even when it doesn't feel like You're working, I trust You. Even when I don't see a change, I trust You. I pray for hope and joy to wash over me Lord and for the enemy to stop holding me captive. Set me free.

In Jesus name. Amen

Supporting Scripture

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Psalms 34:18 | NIV

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7 | NIV

He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away.

Revelation 21:4 | NIV

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28 | NIV

Though my father and mother forsake me, the Lord will receive me.

Psalms 27:10 | NIV

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10 | NIV

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalms 23:4 | NIV

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 6:33 | NIV

[Meditate on God's Word](#)

Bible Reading Plans

Consider going deeper by committing to one of the Bible Reading Plans below.

(7-Day Plan) [Depression](#) - Life.Church

(8-Day Plan) [Armed Against Depression](#) - Jenita Pace and Captain Karl J. Watje

(7-Day Plan) [Finding God In Your Depression](#) - American Bible Society

Bible Reading- [YouVersion](#)

365-day Bible Recap [LINK](#)

Care Groups

[Care Groups](#) Need help carrying burdens of grief, pain, addiction...? There is help and hope through groups in the Crossing community.

Podcasts

Boundaries by Dr. Henry Cloud -[LINK](#)

Additional Resources

Books | [Help Is Here: Finding Fresh Strength and Purpose in the Power of the Holy Spirit](#), by Max Lucado

Books | [The Upward Spiral](#), by Dr. Alex Korb

Books | [The Keys to Unlocking Depression](#), by Michael Yapko

Books | [Feeling Good](#), by Dr. David Burns

Books | [Real Happiness](#) by, Jonah Paquette

Books | [Depression 101](#) by, Dr. John Preston

Books | [Learning To Walk In The Dark](#), by Barbara Brown Taylor

Books | [My Name Is Hope](#), by John Mark Comer

Books | [Looking up from the Stubborn Darkness](#) by Ed Welch

Books | [Spurgeon's Sorrow: Realistic Hope for those who Suffer from Depression](#) - Zack Eswine

Music | [Weeds in my Garden Playlist](#) resource from Crossing Worship