



A PLACE TO BELONG
and *Grow*

Welcome
to your home church!

A close-up, low-key photograph of a person's face, partially obscured by their hand. The lighting is warm and dramatic, highlighting the contours of the face and hand against a dark background. The person's expression is somber, with their eyes closed or looking down, and their hand is resting near their face, suggesting a state of distress or contemplation.

The Christian and Depression

Psalm 142

David was in a dark and isolated place:

- Geographically – *the cave of Adullam*
- Physically – *tired and exhausted from running*
- Emotionally – *lonely, discouraged, depressed*

I. It Helps To Talk About It.

- 1. “I cry aloud” (1a)**
- 2. “I make supplication (1b)**
- 3. “I pour out my complaint” (2a)**
- 4. “I declare my trouble” (2b)**

II. Who Wants to Hear About It?

- 1. “...to the LORD” (1a)**
- 2. “...to the LORD (1b)**
- 3. “...before Him” (2a)**
- 4. “...before Him” (2b)**

III. How Does Depression Feel?

- 1. Feeling trapped (3b)**
- 2. Nobody cares (4a & c)**
- 3. No escape (4b)**
- 4. Brought very low (6a)**
- 5. Total weakness (6b)**
- 6. Like a soul in prison (7)**

IV. Is Depression a Sin? No

V. Expressions of Hope.

- 1. “You knew my path” (3b)**
- 2. “You are my refuge” (5b)**
- 3. “You are my portion” (5c)**

VI. What About Medication?

Is it wrong for a Christian to take prescription medication for depression?

NO

VII. A Benediction of Praise (7).

But He knows the way that I take; when He has tried me, I shall come forth as gold” (Job 23:10).

