



*Two Truths for
Depression*
Lamentations 3

Anxiety in the heart of man causes depression. But a good word makes it glad. (Proverbs 12:25, NKJV)

Four root causes of depression:

1. A biological cause.
2. A relational cause.
3. A circumstantial cause.
4. A spiritual attack.

I am the man who has seen affliction by the rod of his wrath. He has driven me away and made me walk in darkness rather than light; ... He has besieged me and surrounded me with bitterness and hardship. He has made me dwell in darkness like those long dead. He has walled me in so I cannot escape; he has weighed me down with chains. Even when I call out or cry for help, he shuts out my prayer. ... I have been deprived of peace; I have forgotten what prosperity is. So I say, "My Splendor is gone and all that I had hoped from the Lord." I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.
(Lamentations 3:1-2, 5-8, 17-20, NIV)



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When experiencing depression, remember:

1. My emotions are absolutely valid,
- but they are not permanent .
2. My situation feels hopeless,
- but with God, there is always hope.

Because my emotions are temporary:

1. I will not make permanent decisions.
2. I will not make permanent conclusions.

Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him. "The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord."
(Lamentations 3:21-26, NIV)