



September Development Guide

SUBJECT: OVERCOMING DEPRESSION



“I waited patiently for the Lord; And He inclined to me and heard my cry. He brought me up out of the pit of destruction, out of the mud; And He set my feet on a rock, making my footsteps firm. He put a new song in my mouth, a song of praise to our God; Many will see and fear And will trust in the Lord.”

Psalm 40:1-4 NASB

1. We need to wait in faith.

When we hear the word “wait,” we often think of doing nothing and being passive, but this word is actually a word of action.

That word “waited” in the Hebrew means: to look for; to hope; the twisting of a cord or rope.

- While we are waiting for the answer, we must be looking for, hoping for, and in expectation for what God is going to do in our lives.

So that even in the darkest moments, our strength does not waiver.

2. God hears your cries.

Psalm 40:1 - *“He inclined to me, and heard my cry.”*

It can often feel like when you are in the thick of depression that you are alone; that God is absent. But it is impossible for God to not hear you. When you cry out to God, know that He hears you.

Psalm 40:2 - *“He brought me up out of the pit of destruction, out of the miry clay; and He set my feet upon a rock making my footsteps firm...”*

3. God has taken you from the pit to the rock.

Another way that people often describe feeling depressed is that they feel low. And in this passage, the author is depicting this same feeling of being low.

But Jesus came so that you could walk in freedom today. Jesus is the one who sets you free from this bondage. He is the one who has already provided the way out of the pit.





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Mark 15:34 - *“And at the ninth hour Jesus cried out with a loud voice... My God, my God, why have you forsaken Me.”*

Jesus was forsaken so that you and I would never have to be.

We can rest on the strength that we have through Jesus because He is the rock. He wants to take you from a place of being unsure and stuck to a place a place of safety and retreat—a place where you don’t have to strive, because you are resting on the promises of God and on His Son, Jesus.

We need to know that we are already on the rock, because we need to know that we are already freed from that struggle. We are already healed from that depression... it is already ours.

