

God's Words of Life on DEPRESSION

As for God, his way is perfect; the word of the LORD is flawless. He is a shield for all who take refuge in him. For who is God besides the LORD? And who is the Rock except our God? It is God who arms me with strength and makes my way perfect. He makes my feet like the feet of a deer; he enables me to stand on the heights.

Psalm 18: 30-33

Whenever anyone turns to the Lord, the veil is taken away. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

2 Corinthians 3:16-17

But if you will look to God and plead with the Almighty, if you are pure and upright, even now he will rouse himself on your behalf and restore you to your rightful place.

Job 8:5-6

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Psalm 51:10-12

Devotional Thought on DEPRESSION

Life is always composed of those experiences and encounters which provide both challenge to one's character and the testing of one's spirit.

In 1 Kings 19, I see a defeated and desolate Elijah sitting under a broom tree in the solitude of his own sadness. He had to ask life's most difficult question: "How did I get to where I am which is so far from where I am supposed to be?"

I may as well tell you, there are only three kinds of people in the world: those who are in the wilderness, those who have just come out of the wilderness, and those who are headed into the wilderness. In the midst of Elijah's wilderness experience, God sent his angel to feed him. "You don't have enough for your journey."

"What journey? I'm through. I'm all washed up."

"You're not through yet, Elijah. I'm going to send you from where you are to where I want you to be. I'm going to send you from the wilderness to the mountain."

In the wilderness there is weakness, but on the mountain there is strength. In the wilderness there is loneliness, but on the mountain there is companionship. In the wilderness there is despair, but on the mountain there is hope.

H. Beecher Hicks

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If the LORD delights in a man's way, he makes his steps firm; though he stumble, he will not fall, for the LORD upholds him with his hand.

Psalms 37:23-24

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

Psalms 46:1-3

Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.

Psalms 71:20

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Psalms 73:26

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:30-31

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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

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

Isaiah 43:2

Jesus answered, "Do not let your hearts be troubled. Trust in God; trust also in me."

John 14:1

I will refresh the weary and satisfy the faint.

Jeremiah 31:25

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

2 Corinthians 4:8-9, 16

Jesus said, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

John 16:33

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You heard my cry for mercy when I called to you for help . . . Be strong and take heart, all you who hope in the LORD.

Psalm 31:22,24

Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

Psalm 55:22

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

Matthew 6:26

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

In my distress I called to the LORD, and he answered me. From the depths of the grave I called for help, and you listened to my cry.

Jonah 2:2

My tears have been my food day and night, while men say to me all day long, "Where is

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your God?" . . . Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 42:3,5-6

Answer me quickly, O LORD; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit. Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

Psalm 143:7-8

The LORD is a refuge for the oppressed, a stronghold in times of trouble.

Psalm 9:9

The eternal God is your refuge, and underneath are the everlasting arms.

Deuteronomy 33:27

You are my lamp, O LORD; the LORD turns my darkness into light.

2 Samuel 22:29

A righteous man may have many troubles, but the LORD delivers him from them all.

Psalm 34:19