

**When Life Caves In
You Asked for It
November 14, 2021**

Depression is not a defect of your brain or emotions. It's a signal.

My illness is not my identity.

God wants you to be free.

Galatians 5:1 (NIV) It is for freedom that Christ has set us free...

God uses depressed people to do great things.

Lamentations 3:17-20 (NIV) 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.

2 Corinthians 1:8 (NIV) We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.

1 Kings 19:1-4 (NIV) Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

Why Our Lives Cave In

- **We get out of balance.**

Ecclesiastes 4:6 (NIV) Better one handful with tranquility than two handfuls with toil and chasing after the wind.

- **We constantly compare our lives to others.**

"Comparison is the thief of joy." ~Theodore Roosevelt

Galatians 6:4-5 (NIV) Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.

- **We ruminate and engage in unhealthy self-talk.**

"95% of your emotions are determined by the way you talk to yourself." ~Brian Tracy

Philippians 4:8-9 (NIV) Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things... and the God of peace will be with you.

- **We do not process pain in a healthy way.**

2 Corinthians 1:4-6 (NIV) God... comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. If we are distressed, it is for your comfort and salvation...

- **We become isolated and alone.**

Genesis 2:18 (NIV) The LORD God said, "It is not good for the man to be alone."

Romans 12:5 (NLT) Since we are all one body in Christ, we belong to each other, and each of us needs all the others.

- **We are under spiritual attack.**

1 Peter 5:8-9 (NIV) Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith...

Ephesians 6:11 (NIV) Put on the full armor of God, so that you can take your stand against the devil's schemes.

God has given us authority, but we must use it.