

“The spirit of a man can endure his sickness, but as for a broken spirit who can bear it?” *Proverbs 18:14*

### **I. There are two primary categories for depression:**

- A. Common
- B. Clinical

Both categories of depression range in symptoms, severity, and duration.

### **II. The description of depression is painful.**

“Poetry and singing exist because God made us with emotions, not just thoughts.” - John Piper

### **III. The deliverance from the power of depression is possible.**

#### A. Perspective

1. A biblical view of God
  - a. God is the living God (2)
  - b. God is your life (8)
  - c. God is your rock (9)
  - d. God is your God (10,11)
  - e. God is your salvation (11)
2. A biblical view of suffering (2 Corinthians 4:16-18)

#### B. Process

1. Two important words: cry and confess
  - a. Cry out to God and ask Him why (1,9)
  - b. Cry out in worship (4,8)
  - c. Confess to yourself the promises of God (5)
  - d. Confess God's past blessings (6)
  - e. Confess God's sovereign love (7-8)
  - f. Cry out to God for hope (1, 11)