

“DEFEATING DEPRESSION”

Russ Testo, Guest Speaker

Series: “Insight for the Journey,” part 9 of 16
Saturday, November 28, 2009 at 5:00 pm and
Sunday, November 29, 2009 at 9:00 and 11:00 am

Big Idea: Depressing struggles don’t have to crush us if we learn the secret to encouragement.

Text: 2 Corinthians 7:5-9

Bullet: C.S. Lewis said “It is a Christian duty...for everyone to be as happy as he can.”

THE SITUATION IN CORINTH – A QUICK REVIEW

2 Corinthians 7:5

For when we came into Macedonia, this body of ours had no rest, but we were harassed at every turn — conflicts on the outside, fears within.

2 Corinthians 7:6

But God, who comforts the downcast, comforted us by the coming of Titus,

2 Corinthians 7:7

and not only by his coming but also by the comfort you had given him. He told us about your longing for me, your deep sorrow, your ardent concern for me, so that my joy was greater than ever.

2 Corinthians 7:8

Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it — I see that my letter hurt you, but only for a little while—

2 Corinthians 7:9

yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us.

THREE LESSONS FROM A DEPRESSED LEADER:

1. Depression is a _____.

Philippians 4:4

Rejoice in the Lord always. I will say it again: Rejoice!

1 Thessalonians 5:16-18

Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.

2. Depression drives us _____.

2 Corinthians 1:8-10

We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life. Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. He has delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will continue to deliver us,

3. God knows how to _____.

2 Corinthians 7:6-7

But God, who comforts the downcast, comforted us by the coming of Titus, and not only by his coming but also by the comfort you had given him. He told us about your longing for me, your deep sorrow, your ardent concern for me, so that my joy was greater than ever.

A COUPLE QUESTIONS

▶ Who helps you repair your perspective _____?

▶ Whose perspective do you _____?

Galatians 6:2

Carry each other's burdens, and in this way you will fulfill the law of Christ.