



**Rising Above Depression, Anxiety, and Hopelessness  
September 26-27, 2020**

**Psalm 34:16-18 (NLT)**

But the LORD turns his face against those who do evil; he will erase their memory from the earth. The LORD hears his people when they call to him for help. He rescues them from all their troubles. The LORD is close to the brokenhearted; he rescues those whose spirits are crushed.

**We don't choose depression, anxiety and hopelessness, but we can choose to rise above them.**

**Even godly people face these emotional struggles.**

- **Moses was depressed to the point of considering suicide.**

**Numbers 11:14-15 (NLT)**

"I can't carry all these people by myself! The load is far too heavy! If this is how you intend to treat me, just go ahead and kill me. Do me a favor and spare me this misery!"

- **Joshua was overwhelmed with anxiety and wanted to quit.**

**Joshua 7:8-9 (NLT)**

"Lord, what can I say now that Israel has fled from its enemies? For when the Canaanites and all the other people living in the land hear about it, they will surround us and wipe our name off the face of the earth. And then what will happen to the honor of your great name?"

- **Elijah became hopeless and saw no point to life.**

**1 Kings 19:4 (NLT)**

Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died."

- **Job became anxious and depressed and sank into deep hopelessness.**

**Job 3:3 (NLT)**

"Let the day of my birth be erased, and the night I was conceived."

**Job 23:10 (NLT)**

"But he knows where I am going. And when he tests me, I will come out as pure as gold."

- **Jesus struggled with depression, anxiety and hopelessness.**

**Isaiah 53:3 (NLT)**

He was despised and rejected—a man of sorrows, acquainted with deepest grief. We turned our backs on him and looked the other way. He was despised, and we did not care.

**Jesus shows us how to rise above emotional distress.**

- 1 **Share my pain with a few friends who really care about me.**

**Matthew 26:37 (NLT)**

He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed.

- 2 **Open up about the pain I'm facing.**

**Matthew 26:38a (NLT)**

He told them, "My soul is crushed with grief to the point of death..."

- 3 **Ask for prayer from those who value prayer.**

**Matthew 26:38b (NLT)**

"...Stay here and keep watch with me."

- 4 **Cry out to my compassionate Heavenly Father who genuinely cares.**

**Matthew 26:39a (NLT)**

He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me...."

- 5 **Rest in the reality that God's will is always best.**

**Matthew 26:39b (NLT)**

"...Yet I want your will to be done, not mine."

- 6 **Accept that God's plan is victory now and forever.**

**Matthew 26:45-46 (NLT)**

Then he came to the disciples and said, "Go ahead and sleep. Have your rest. But look—the time has come. The Son of Man is betrayed into the hands of sinners. Up, let's be going. Look, my betrayer is here!"

**Final Promises:**

- **God will always meet the needs of his people.**

**Matthew 6:25 (TPT)**

"This is why I tell you to never be worried about your life, for all that you need will be provided, such as food, water, clothing—everything your body needs. Isn't there more to your life than a meal? Isn't your body more than clothing?"

- **God will calm every fear if we trust him.**

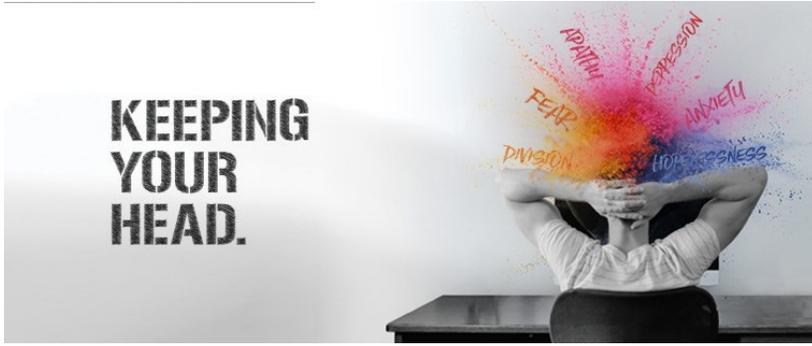
**Matthew 6:27, 30-32 (TPT)**

So, which one of you by worrying could add anything to your life? ... So if God has clothed the meadow with hay, which is here for such a short time and then dried up and burned, won't he provide for you the clothes you need—even though you live with such little faith? "So then, forsake your worries! Why would you say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For that is what the unbelievers chase after. Doesn't your heavenly Father already know the things your bodies require?"

- **God will bless me abundantly if I chase after his kingdom.**

**Matthew 6:33-34 (TPT)**

"So above all, constantly chase after the realm of God's kingdom and the righteousness that proceeds from him. Then all these less important things will be given to you abundantly. Refuse to worry about tomorrow, but deal with each challenge that comes your way, one day at a time. Tomorrow will take care of itself."



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