



## *Taming The Giants - Disabling Your Depression*

Psalm 42:5 NIV begins with the questions, *Why are you downcast, O my soul? Why so disturbed within me?* This is the cry of depression. It's a feeling of dark hopelessness. God understands it. He addresses it many times in His Word. He has answers for us. He has hope for us. Although this lesson cannot be all inclusive regarding the giant of depression, may it revive you. In whatever emotional state you are in, may you find yourself believing that depression can be tamed. For the purposes of this homework, we will be dealing solely with depression that results from reactions to circumstances and can be tamed by new thinking that is based on God's promises and character.

### **DAY ONE:**

1. Everyone struggles with depression to one degree or another. Without using a dictionary, in your own words, define depression.

a. What are some synonyms of the word depression?

2. Many would use the word *darkness* to describe depression. Read the following verses and record what was written that pertains to darkness.

Job 5:14

Job 24:17

Psalm 88:18

Ecclesiastes 5:17

a. Describe the darkness of depression.

3. Darkness is certainly not the only experience of depression. Underline the words which might indicate depression in the following verses:

*Why is your face sad, since you are not sick?* (Nehemiah 2:2)

*My soul loathes my life.* (Job 10:1)

*Save me, O God! For the waters have come up to my neck.* (Psalm 69:1)

*A merry heart does good, like medicine, but a broken spirit dries the bones.* (Proverbs 17:22)

a. What are some other words or phrases that depression can include?

4. To dump depression, we must learn how to exchange the darkness of despair to the light of hope. What hope do these verses provide?

Isaiah 42:16

Isaiah 50:10

## DAY TWO:

1. "For You are my lamp, O LORD; the LORD shall enlighten my darkness." (2 Samuel 22:29) David was a man after God's own heart. He experienced both the highs and lows of life emotionally, yet David did not give into his depression. Rather, he went to the One with the answers. From the psalms below, record David's answer to the following statements of depression:

• **Darkness:** "I cannot escape this darkness."

**Light:** \_\_\_\_\_

• **Darkness:** "I feel like I have no refuge...no safe haven."

**Light:** \_\_\_\_\_

• **Darkness:** "I feel like I'm in much too much trouble."

**Light:** \_\_\_\_\_

• **Darkness:** "I can't help feeling so restless."

**Light:** \_\_\_\_\_

• **Darkness:** "My burden is too heavy to bear."

**Light:** \_\_\_\_\_

• **Darkness:** "I'm afraid to be around people."

**Light:** \_\_\_\_\_

• **Darkness:** "My confidence is completely shaken."

**Light:** \_\_\_\_\_

**A Psalm 18:28** *For You will light my lamp; the LORD my God will enlighten my darkness.*

**B Psalm 16:1** *Preserve me, O God, for in You I put my trust.*

**C Psalm 46:1** *God is our refuge and strength, a very present help in trouble.*

**D Psalm 62:5** *My soul, wait silently for God alone, for my expectation is from Him.*

**E Psalm 68:19** *Blessed be the Lord, who daily loads us with benefits, the God of our salvation! Selah*

**F Psalm 27:1** *The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?*

**G Psalm 16:8** *I have set the LORD always before me; because He is at my right hand I shall not be moved.*

2. Many of these verses point to deliberate choices. What are some of those choices?
  - a. Practically, how are we to *put our trust in God* or place our *expectation* upon Him?

### **DAY THREE:**

1. Our emotions are closely linked to our bodies. Elijah had just experienced an incredible victory as God used him to defeat the prophets of Baal. Afterward, Jezebel threatened Elijah. Using 1 Kings 19:4, record Elijah's response.
  
2. We might think that the Lord's answer to Elijah's depression would be some of the answers in DAY TWO of this lesson. But, it was not. According to 1 Kings 19:5,6, before the Lord could minister to Elijah with spiritual truths, what did Elijah need?
  - a. What are some other physical components that can lead to depression?
    - 1.) Why is it helpful to take care of these needs before we can apply spiritual truths?
  - b. What are some practical ways to eliminate stress/depression?
  - c. What are some things that feed stress/depression?
  
3. Read Psalm 34:2-6. What do you think a person needs to believe and do to be able to sincerely make proclamations similar to those in these verses?

Personal: What are some actions you should take to relieve the stress and thus possibly, a tendency toward depressed thoughts in your life?

*Beloved, I pray that you may prosper in all things and be in health,  
just as your soul prospers. – 3 John 1:2*

#### **DAY FOUR:**

##### **Psalm 42:1-11**

- <sup>1</sup> *As the deer pants for the water brooks, so pants my soul for You, O God.*
- <sup>2</sup> *My soul thirsts for God, for the living God. When shall I come and appear before God?*
- <sup>3</sup> *My tears have been my food day and night, while they continually say to me, "Where is your God?"*
- <sup>4</sup> *When I remember these things, I pour out my soul within me. For I used to go with the multitude; I went with them to the house of God, with the voice of joy and praise, with a multitude that kept a pilgrim feast.*
- <sup>5</sup> *Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance.*
- <sup>6</sup> *O my God, my soul is cast down within me; therefore I will remember You from the land of the Jordan, and from the heights of Hermon, from the Hill Mizar.*
- <sup>7</sup> *Deep calls unto deep at the noise of Your waterfalls; all Your waves and billows have gone over me.*
- <sup>8</sup> *The LORD will command His lovingkindness in the daytime, and in the night His song shall be with me - a prayer to the God of my life.*
- <sup>9</sup> *I will say to God my Rock, "Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?"*
- <sup>10</sup> *As with a breaking of my bones, my enemies reproach me, while they say to me all day long, "Where is your God?"*
- <sup>11</sup> *Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God.*

- a. Underline words or phrases that indicate depression.
- b. Circle the psalmists statements that reveal his desire to make choices other than depression.
- c. Highlight or draw a box around the things the psalmist declared about God.
- d. Why do you think the psalmist chose to record very similar words in verses 5 and 11?
- e. What did you learn from this psalm?

#### **DAY FIVE: Coming Alongside Others**

1. *Therefore strengthen the hands which hang down, and the feeble knees, (Hebrews 12:12) We are called to comfort one another. What can we learn about comforting others from the following verses?*

2 Corinthians 1:4

Proverbs 20:5  
1 Samuel 12:23

Proverbs 18:23

Colossians 4:6

Proverbs 25:20

Romans 12:15

a. List three things that you have learned from these verses.

2. What do you appreciate about the comfort of others?

3. Consider a time when you have been overcome with depression. In hindsight, how would you counsel yourself?

## DAY SIX: Review

1. Share one thing that you learned about depression from each day of this lesson:

Day One:

Day Two:

Day Three:

Day Four:

Day Five:

2. What are some beneficial ways to help dump depression?

3. What part does self-talk (soul-talk) play in dumping depression?

4. In what way(s) has this lesson personally impacted you?

*I would have lost heart, unless I had believed  
that I would see the goodness of the LORD  
in the land of the living.*

*- Psalm 27:13*