

DEALING WITH DEPRESSION

Me – in our first pastorate (Wildwood)

On Sunday morning I would

teach the sanctuary ss class

play the piano & direct the music,

leave after choir

go over to the old church & do chi. Ch.

There is an old Greek saying:

“You will break the bow

If you keep it always bent.”

In other words,

If you’re living under constant,

relentless stress,

You’ll finally break under the pressure.

Well my bow was bent

& it finally broke.

& depression settled in – weeks turned into months

Went to doctor – he said, “psychologist.”

Went to car – told Randy, “Take me home.”

**Went into guest bedroom w/red carpet on floor,
said, “I’m staying here ‘til God touches me.”**

IT’S NOT BEING SPIRITUAL

OR UNSPIRITUAL,

IT’S SIMPLY BEING HUMAN.

**If you are a student of Scripture,
you know that depression, despondency & discouragement
was not uncommon
among many of those
we would consider successful men of God.**

For instance:

JONAH 2:5 =

He was in the fish's belly 3 days & nights.

He describes it this way:

**“The waters compassed me about,
even to the soul:**

The depths closed me round about,

The weeds were wrapped about my head.

I went down to the bottom ...

Bars were about me ...

My soul fainted ...

**If you've ever been depressed –
you can certainly empathize with Jonah.**

MOSES

**Once became so blue and discouraged
that he asked God to take his life.**

PAUL

“despaired even of life”

**at a certain point in his Asian ministry
(II Corinthians 1:8).**

ELIJAH

**To me, the greatest of all prophets,
after his great victory on Mt. Carmel
dropped into the throes of
depression and despair.
(I Kings 19:1-21)**

JONAH – anger & disobedience

MOSES – fear of the future

PAUL – exhaustion & betrayal by friends

ELIJAH – exhaustion & self-pity

**I am so thankful that
when God paints the portraits
of His men & women,
He paints them warts and all.**

**He doesn't ignore their weaknesses
or hide their frailties.**

**There is no way a Christian
can go through this life
without spending some time in “the pits” –**

**There is nothing ethically, morally, or spiritually
wrong w/our experiencing
cloudy days and dark nights.**

In fact, they are inevitable.

That's **why James says (1:2),**
“Consider it all joy WHEN you encounter various trials.”

and actually,
that's where we find David in **I Samuel 27,29,30.**

Now, our concern w/David
is not particularly **“encountering the trial”** but
what he did **after** he fell into “the pits”.

There was a fork in the road,
and he took the wrong way.

The result was misery,
compromise,
and 16 long months of
disobedience.

There were some **CAUSES** that led to these dark days
David experienced.

He didn't just happen to tumble into “the pits.”
He experienced it because of 3 things.*

LIVE RELATED LEARNING:

You can experience depression when a loved one dies,
Because of a divorce, etc.,
A child's rebellion,
Betrayal of a friend,
Etc.,
You may need to seek help from a professional.
Someone whom you can trust.

Dr. Tom Frye is available to you.

**But if there's no logical explanation
take a look at these three things –
a trap David fell into.**

#1 = HE TALKED TO HIMSELF!

**Notice, I Samuel 27:1 begins,
“Then David said to himself”**

There's his first problem.

**He started talking to himself; &
he was saying all the wrong things.**

**He looked at his situation and
sized it up
strictly from the horizontal.**

**You won't find David praying even once
in chapter 27.**

In fact, he doesn't even look up until much later.

**He wrote no psalms,
he asked for no help;
he simply pushed the panic button!**

NOTICE:

- 1. David is coming off a spiritual & emotional high.**
- 2. He could have slain Saul twice; but he didn't.**
- 3. Then he was about to kill Nabal,
but Abigail talked him out of that.**

**He's come off the crest of victory,
& that's a very vulnerable spot.**

#2 = HIS STINKIN' THINKIN'!

Notice what he says to himself in vs. 1

“Now I will perish one day by the hand of Saul.”

HE SHOULD HAVE KNOWN BETTER!

**Besides that,
he's talking about something in the future = “one day”
& he doesn't know the future!!**

**SAMUEL HAD ANOINTED HIM W/OIL
& ASSURED HIM HE WOULD ONE DAY
BE KING.**

**GOD SPOKE TO HIM THRU ABIGAIL
& SAID THAT THE Lord
“Shall appoint you ruler over Israel” (25:30).**

**God spoke to him more than once
through Jonathan,
assuring him,
“YOU'LL BE THE NEXT KING.”**

Even Saul, his enemy, had said:

**“I know that you shall surely be king,
& that the kingdom of Israel shall be
established in your hand” (24:20).**

**BUT DAVID IGNORED
ALL THESE PROMISES GOD HAD GIVEN!**

He just keeps talking to himself,
Dwelling on stinkin’ thinkin’,
& finally
convinces himself,
“I’ll perish!
I’ll never rule over Israel . . . never!”

Let me ask you a question.

- 1. *Why do we indulge in stinkin’ thinkin’?***
- 2. *Why don’t we believe the promises
God has given us?***
- 3. *Why do we doubt our covenant keeping God?***

Is it possible that -

- 1. we are thinking only of ourselves?**
- 2. we are listening only to ourselves?**
- 3. that we don’t remember what the Word says?**
- 4. our mind is not focused on Him?**

**THESE DEVASTATING THOUGHTS
COME STRICTLY FROM
OUR CARNAL MINDS –
DRIVEN BY “I” – “ME” – “MY” – “MINE”!!**

If we're not careful
We'll begin to believe that
It really is ALL ABOUT ME!

Look at **vs. 1** again,

“Then David said to himself

- 1. ‘Now I will perish one day by the hand of Saul.**
- 2. There is nothing better for me**
- 3. than to escape into the land of the Philistines . . . “**

#3. That is pure RATIONALISM

& that's the 3rd reason
David is in this
deep dependency.

His stinkin' thinkin' has come in the front door;
and his faith has gone out the back!

HE THOUGHT:

“Times are hard.
God has deserted me.
I thought I could be king,
but I'll never be king.
I'm gonna die if I keep on the front edge of Saul's army.
They'll finally catch up with me.
I'll have no escape.
The best solution is to go to Philistia.”

PHILISTIA IS WHERE THE ADVERSARY LIVED!

LIFE LESSON:

**Have you heard –
or maybe even said – things like:**

“I’m hurt, so I’m not paying my tithes any more.”

“I’m hurt (or mad), so I’m staying out of church.”

“I don’t feel like going to church.”

**“If the preacher felt as bad as me, even he wouldn’t go!”
Etc.**

THAT’S STINKIN’ THINKIN’!

THAT KIND OF SELF-TALK IS CARNAL!

**OH, LIKE DAVID,
YOU’RE A BELIEVER ON THE INSIDE;**

**BUT ON THE OUTSIDE,
YOU LOOK,
YOU TALK,
YOU WALK
JUST LIKE A NON-BELIEVER!**

**YOU’RE LIVING
YOUR LIFE LIKE A NON-BELIEVER!**

Psychologist Rollo May:

**“Man is the only animal that runs faster
when he has lost his way.”**

**Isn't it remarkable how
when we lose our way,
we move quickly in the wrong direction
and play right into the adversary's hand.**

THAT'S EXACTLY WHAT DAVID DID!

And there are consequences to that kind of action.

1st = HIS FAMILY IS AFFECTED

**When David left his wilderness home in Israel
and retreated into Philistine country,
he didn't go alone.**

**He takes his family
& the 600 families of his guerilla troops!**

**SO HERE'S DAVID
& HIS FAMILY
PLUS 600 MORE HOUSEHOLDS!**

LIFE LESSON:

**WHAT YOU DO!
WHAT YOU SAY!
THE CHOICES YOU MAKE!
THE DECISIONS YOU RENDER!**

- AFFECT EVERYONE AROUND YOU -
those who depend on you,
those who trust you,
those who look up to you
& believe in you!

Remember: Ruth, Orpah, Naomi
Moab
Bethlehem-Judah
CHOICES WERE MADE
Ruth was in the lineage of the Messiah
Orpah became the mother of Goliath
& his giant brothers
Goliath killed by Ruth's grandson
His 3 brothers killed by David's troops

BACK TO DAVID:
His DECISION IS MADE...
He flees to Gath.

We've been here w/David before.
Remember the giant!
GOLIATH OF GATH!

He's moved into enemy territory!
He's decided to live there with
Achish, the king,
Who is the archenemy of Israel!!

& that creates *A FALSE SENSE OF SECURITY*

Vs. 4

because “Saul no longer searched for him.”

He thinks he’s safe.

**Well, there has been a release of pressure;
but David is in more danger now than ever before.**

... 3rd consequence of David’s decision:

vs. 5

HE SUBMITS TO THE ADVERSARY’S CAUSE. (II., C)

LIFE LESSON:

When we –

- 1. choose a disobedient lifestyle**
- 2. give ourselves to carnality rather than spirituality**

we begin to serve the adversary’s cause.

We actually submit to the enemy.

... 4th consequence is

vs. 6,7

LENGTHY PERIOD OF COMPROMISE (II., D)

Because David stays in Gath 16 months!

This man is known as “**the sweet psalmist of Israel**
(II Sam. 23:1)

yet there is not one psalm
attributed to this period of his life.

**THE SWEET SINGER IS MUTE!
HE WROTE NO SONGS!
HE SANG NO SONGS!
THERE IS NO JOY
FLOWING OUT OF DAVID’S LIFE
DURING THIS
CARNAL INTERLUDE IN GATH.**

I Samuel 29:3

Even King Achish called David’s so-journ
a desertion
& a defection.

**DAVID, WHO HAS WALKED W/GOD,
NOW WALKS AWAY FROM HIM.**

As he opts for this lifestyle,
the winds & storms
begin to increase;

& according to **I Samuel 27:8,9** –
a **DUPLICITY** begins to mark his steps. **(III., A)**

WEBSTER: duplicity = “deception by pretending”

**i.e. You pretend to entertain one set of feelings,
but you're really operating from another entirely.**

**DEEP INSIDE,
DAVID IS AN ISRAELITE;
BUT HE'S TRYING TO MAKE
THE PHILISTINES
THINK HE IS ON THEIR SIDE.**

LIFE LESSON:

**Inside, you're a believer;
but on ... outside you want to look
like the rest of the world.**

**There's no absolute allegiance.
Compromise seems to be the only answer.**

**You begin to operate under a cloak of secrecy.
You don't want to be accountable.
You don't want anybody asking questions.
So you cover up.**

In **I Samuel 27:11**

**David covers his tracks,
so nobody would really know
where he was or
exactly what he had done.**

**HE BECOMES A MAN W/OUT A COUNTRY.
“ “ A DISPLACED PERSON.**

HE IS NEITHER PHILISTINE NOR ISRAELITE.

29:8

**At first he felt freedom!
Now he wrestles w/disillusionment.
He feels no satisfaction w/life.**

**The bills have come due;
& he must pay the piper.**

3rd HE DESCENDS INTO DEPRESSION (IV., C)

30:1-4

**David & his men return to to Ziklag
& find that the
Amalekites have burned it to the ground
and taken all of their families captive.**

**DAVID & HIS MEN WEEP,
UNTIL THEY HAVE NO MORE TEARS.**

& THE LAST STRAW:

30:6

**The very people who had looked to David
as a guide
and a friend
and a leader
now turn away, embittered at the results of following him.
Because their sons & daughters
Have been taken away.**

LIFE LESSON:

**DAVID HAD REACHED THE POINT IN LIFE
WHERE SOME PEOPLE
THINK OF TAKING THEIR OWN LIVES.**

**HE WAS SO FAR DOWN
THE LADDER OF DESPAIR
THAT HE'D REACHED THE BOTTOM RUNG.**

**Young attorney, St. Petersburg,
Successful law firm,
Beautiful wife and children,
Stood on the apex of the Skyway Bridge
& plunged his life away
Into the shark infected waters below.
There was a note on the car seat:
"I'm standing on the brink of eternity at last,
As reckless of the future as I've been of the past;
I'm dead of all ambition,
I'm void of every hope;
The toils of life are ending;
And I'm letting go the rope."**

**THIS IS WHERE YOU EITHER
JUMP OFF INTO OBLIVIOIN
OR U CRY OUT TO GOD
FOR HIS HELP.**

DAVID MADE THE RIGHT CHOICE:

30:6

**“David was greatly distressed . . . but
He strengthened himself in the Lord his God.”**

**For the 1st time in 16 months,
David looks up, and says,
“Oh, God, help me!”**

LIFE LESSON:

**Perhaps you have known the joys and ecstasies
of walking w/Christ;
but today –
because of a wrong decision
or perhaps thru no fault of your own –
you find yourself in “the pits”.**

PLEASE REACH UP!

**GOD IS STILL “A VERY PRESENT HELP
IN THE TIME OF TROUBLE.”**

**IT IS STILL TRUE THAT
“WHEN MOTHER AND FATHER FORSAKE YOU,
THE LORD WILL BEAR YOU UP.”**

**IT IS STILL TRUE THAT
“HE WILL NEVER LEAVE YOU,
NOR FORSAKE YOU,
but GO w/YOU EVEN TO THE END OF ... WORLD.”**

IT IS STILL TRUE THAT -

Isaiah 43:2-

**“When you pass through the waters,
He will be with you;
and through the rivers,
they shall not overflow you:
When you walk through the fire,
you will not be burned,
neither will the flame kindle upon you!”**

JONAH:

**“When my soul fainted within me,
I remembered the Lord.”**

ELIJAH:

Heard a still small voice.

Listen once again:

**“David was greatly distressed . . .
but he strengthened himself in the Lord his God.”**

When you think:

- 1. I don’t want to go to church –
Then strengthen yourself in the Lord.**
- 2. I don’t have a friend in the world –**
- 3. My life is empty, meaningless –**
- 4. Nobody loves me –**

5. **Death is better than this –**
6. **Nobody would miss me if I died –**
7. **I'm too old**
Too young
Too dumb
Too fat
Too sick
Too skinny –

**YOU NEED TO STRENGTHEN YOURSELF
IN THE LORD!**

**Get on your face before Him
& stay there!
HOW LONG?
As long as it takes!**

**Get the Word in your hands,
Wipe the dust off of it,
& start reading the Scriptures you have marked.**

***Call a friend!
Get someone to pray with you!***

I DON'T HAVE A FRIEND!

***Well, shop up on Tuesday night intercessors,
& you'll find friends
Ready & willing to pray with you.***

DAVID – THE BOY, THE MAN, THE KING

LESSON SEVEN

DEPRESSION – CLOUDY DAYS & DARK NIGHTS

There is nothing ethically, morally, or spiritually wrong with our experiencing cloudy days and dark nights. They are inevitable. That's why James says, "*Consider it all joy WHEN you encounter various trials*" (James 1:2). There is no way a Christian can go through this life without spending some time in "the pits" and that is where we find David in today's study.

I. WHAT CAUSED THE CLOUDS AND DARKNESS?

- A. Humanistic Viewpoint**
 - 1. I Samuel 27:1a
- B. Pessimistic Reasoning**
 - 1. I Samuel 27:1b
- C. Rationalistic Logic**
 - 1. I Samuel 27:1c

II. THE CONSEQUENCES

- A. The Family Affected**
 - 1. I Samuel 27:2,3
- B. A False Sense of Security**
 - 1. I Samuel 27:4
- C. Submission to the Adversary's Cause**
 - 1. I Samuel 27:5
- D. Lengthy Period of Compromise**
 - 1. I Samuel 27:6,7

III. DAVID "SOWS THE WIND"

- A. Duplicity Marks David's Steps**
 - 1. I Samuel 27:8,9
- B. Vagueness is the Result of Duplicity**
 - 1. I Samuel 27:11,12

IV. DAVID "REAPS THE WHIRLWIND"

- A. Displacement (loss of identity)**
 - 1. I Samuel 29:6-8
- B. Disillusionment (loss of satisfaction)**
 - 1. I Samuel 29:8
- C. Depression**
 - 1. I Samuel 30:1-4
- D. Distrust (loss of people's trust)**
 - 1. I Samuel 30:6

Perhaps you have known the joys and ecstasies of walking with Christ; but today – because of a wrong decision or perhaps through no fault of your own – you find yourself in "the pits." Please REACH UP! The Father is waiting with open arms to encourage you. Listen: **"David was greatly distressed but David strengthened himself in the Lord his God" (I Samuel 30:6). THIS IS YOUR DAY!**

