

Part 6—Joy in God’s Plan

Read Hebrews 12:2-3; James 1:2-4

- 1) How did Jesus’ joy carry Him through the weight of the cross?

- 2) According to James to what outcome should we look in our trying circumstances?

- 3) How does’ God’s sovereignty give you victory over depression?

Sunday Sermon Notes

THE BIG IDEA

What is the main truth The Lord showed you in this passage?

Kill-Joy or Kill-Depression?

Proverbs 12:25

Heaviness in the heart of man maketh it stoop:
but a good word maketh it glad.

Part 1—Depression’s Disappointment

Read 1 Samuel 1:1-18; Psalm 62:5-6

- 1) What caused Hannah to fall into depression?

- 2) How does Psalm 62:5-6 explain how Hannah overcame depression?

- 3) What can you do to avoid the disappointment that leads to depression?

Part 2— Depression's Discontentment

Read Jonah 3:10-4:11; Hebrews 13:5

- 1) With what was Jonah discontent?
- 2) How could Hebrews 13:5 instruct Jonah in this situation?
- 3) Why/how do you think discontentment can lead to depression?

Part 3— Depression's Despair

Read Job 3:1-4, 24-26; 2 Corinthians 4:7-11

- 1) What caused Job to despair about his own birth?
- 2) What priority enabled Paul to avoid depression's despair in his difficult situations according to 2 Corinthians 4?
- 3) How would you encourage Job in his despair?

Part 4—Depression's Destruction

Read Matthew 27:3-10; Acts 1:16-19; Psalm 42

- 1) What drove Judas Iscariot to suicide?
- 2) What brought the Psalm writer out of depression's destruction?
- 3) What do you think gives Christians the ability to embrace hope in the midst of depression?

Part 5 – Joy in God Alone

Read Psalm 16:8-11; John 16:33

- 1) What decisions did David make which gave his heart gladness rather than depression?
- 2) Why and how did Jesus give His disciples confidence in John 16?
- 3) How does the Christian's focus affect his/her joy?