



I. REVIEW/INTRO

- A. Tired of tired

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

- B. God wants us to have health and a sound mind
C. Many people are mentally exhausted
D. If you're struggling, it doesn't mean you're not a good Christian. It means you're human.

2 Corinthians 4:7-9 (MSG) ⁷⁻⁹ If you only look at us, you might well miss the brightness. We carry this precious Message around in the unadorned clay pots of our ordinary lives. That's to prevent anyone from confusing God's incomparable power with us. As it is, there's not much chance of that. You know for yourselves that we're not much to look at. We've been surrounded and battered by troubles, but we're not demoralized; we're not sure what to do, but we know that God knows what to do; we've been spiritually terrorized, but God hasn't left our side; we've been thrown down, but we haven't broken.

- E. Why are we talking about this in Church?
F. You will get TRUTH PRESCRIPTIONS:

2 Timothy 1:7 (NKJV) For God has not given us a spirit of fear, but of power and of love and of a sound mind.

II. WHEN IT BECOMES MORE

- A. Depression is not just sadness or discouragement. Constant cloud of darkness. No feeling; No motivation; No hope
B. My story – Maybe in some way, it might seem like I am the least prepared to talk with you about the topic

Philippians 3: 12-14 (NKJV) ¹² Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. ¹³ Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, ¹⁴ I press toward the goal for the prize of the upward call of God in Christ Jesus.

- C. It does not just affect those who are struggling, it affects those around them
 - Personal experiences in my own family childhood and youth

Psalms 34:17 (NLT) The LORD hears his people when they call to him for help. He rescues them from all their troubles.

III. Let's look at "The Mouthpiece of God," Jeremiah (the Weeping Prophet)

- A. **Loved God**, but, was totally broken and hopeless
B. Home was destroyed; family friends deported or killed; nation in shambles.
C. Book of PRESENT SORROW and FUTURE HOPE



LAMENTATIONS 3:1-2, 5-8, 17-20 (NASB) I am the man who has seen misery, because of the rod of His wrath. ² He has driven me and made me walk in darkness and not in light... ⁵ He has besieged and surrounded me with bitterness and hardship. ⁶ He has made me live in dark places, like those who have long been dead. ⁷ He has walled me in so that I cannot go out; he has made my chain heavy. ⁸ Even when I cry out and call for help, He shuts out my prayer... ¹⁷ My soul has been excluded from peace; I have forgotten happiness. ¹⁸ So I say, “My strength has failed, and so *has* my hope from the LORD.” ¹⁹ Remember my misery and my homelessness, the wormwood and bitterness. ²⁰ My soul certainly remembers, and is bent over within me.

IV. TRUTH PILLS

- A. Your emotions can be valid, but they are NOT PERMANENT
- B. It is OK to name your emotions, it can open the door to changing them
- C. Emotions can at times be a great ally, but, they are a WRETCHED LEADER
- D. Satan has come to STEAL, KILL, and DESTROY!
- E. Jesus came and destroyed the work of the ENEMY! (Razed Hell) (1 John 3:8)
- F. “The enemy has his greatest opportunity when you are in a sulking frame of mind”
- G. You are going to have to learn to PREACH to YOURSELF!

LAMENTATIONS 3:21-26 (NLT) ²¹ Yet I still dare to hope when I remember this: ²² The faithful love of the LORD never ends! His mercies never cease. ²³ Great is His faithfulness; His mercies begin afresh each morning. ²⁴ I say to myself, “The LORD is my inheritance; therefore, I will hope in Him!” ²⁵ The LORD is good to those who depend on him, to those who search for Him. ²⁶ So it is good to wait quietly for salvation from the LORD.

1. Love – plural form from Hebrew – hesed – based on an UNBREAKABLE devotion/agreement.
2. Mercies (compassion) – from Hebrew – rahamaw. Mother’s womb; safe place; Nourishment; Strength

V. GOD CAN BREAK THE BURDEN – GOD CAN BRING FREEDOM – THEN YOU HAVE TO **DO** SOMETHING

- #1 TRUST GOD.
- #2 COMMIT TO HIS WAYS.
- #3 YOU ARE GOING TO NEED OTHERS.
- #4 DO WHAT GOD/HOLY SPIRIT TELLS YOU TO DO.
- #5 DEVELOP THE TENACITY OF JACOB IN THIS LIFE.

Genesis 32:22-26 (NLT) ²² During the night Jacob got up and took his two wives, his two servant wives, and his eleven sons and crossed the Jabbok River with them. ²³ After taking them to the other side, he sent over all his possessions. ²⁴ This left Jacob all alone in the camp, and a man came and wrestled with him until the dawn began to break. ²⁵ When the man saw that he would not win the match, he touched Jacob’s hip and wrenched it out of its socket. ²⁶ Then the man said, “Let me go, for the dawn is breaking!” But Jacob said, “I will not let you go unless you bless me.”