



All The Feels

Depression

*Emotions are responders...
They reveal what's going
On inside of us.
Emotions are indicators of
What is going on inside of us.*

All The
Feels

Our emotions show how happy we feel about life (or not), how much we enjoy life (or not), how we see the world and greatly influence how we treat others

All The
Feels

*“I could weep by the hour like a
child, and yet I knew not what I
wept for”*

Charles Spurgeon

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“I am now the most miserable man living. If what I feel were equally distributed to the whole human family, there would not be one cheerful face on earth. Whether I shall ever be better, I cannot tell; I awfully forbode I shall not. To remain as I am is impossible. I must die or be better, it appears to me.”

Abraham Lincoln

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Lamentations 3: 1-2

*I am the man who has seen
affliction because of the rod of
His wrath.*

*He has **driven** me and
made me walk **in darkness and
not light***

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Lamentations 3:3

*Surely against me **He** has turned
His hand repeatedly all the day.*

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Lamentations 3:4-5

He has caused my flesh and my skin to waste away, He has broken my bones.

He has besieged and encompassed me with bitterness and hardship.

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Lamentations 3:6-7

*In dark places **He** has made
me dwell, Like those who have
long been dead.*

***He** has walled me in so that I
cannot go out; **He** has made my
chain heavy.*

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Lamentations 3:8-9

*Even when I cry out and call
for help, He shuts out my prayer.*

*He has blocked my ways with
hewn stone; He has made my
paths crooked.*

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*“I have spent more days shut up in
depression than probably anybody
else here”*

Charles Spurgeon

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“For more than a week I was close to the gates of hell, I trembled constantly. I could find no thoughts of Christ, only of desperation and blasphemy of God”

Martin Luther

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Lamentations 3:10-11

He is to me like a bear lying in wait, like a lion in secret places.

He has turned aside my ways and torn me to pieces; He has made me desolate.

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Lamentations 3:12-13

*He bent His bow And set me as a
target for the arrow.*

*He made the arrows of His quiver
to enter into my inward parts.*

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Lamentations 3:14-15

*I have become a
laughingstock to all my people,
Their mocking song all the day.*

*He has filled me with
bitterness,
He has made me drunk with
wormwood.*

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Lamentations 3:16-17

*He has broken my teeth with
gravel;*

He has made me cower in the dust.

*My soul has been rejected from
peace; I have forgotten happiness.*

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Lamentations 3:18-20

*So I say, “My **strength has
perished,
And so has my hope** from the
Lord.”*

*Remember my affliction and my
wandering, the wormwood and
bitterness. Surely my soul
remembers*

And is bowed down within me.

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Lamentations 3:21
But this I call to mind,

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Lamentations 3:21
But this I call to mind,
and therefore I have hope

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Lamentations 3:22-24

*The steadfast love of the Lord
never ceases; his mercies never
come to an end; they are new
every morning*

great is your faithfulness.

*“The Lord is my portion,” says my
soul,*

*“therefore **I will hope in him.**”*

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Lamentations 3:25-26

*The Lord is good to those who wait
for him, to the soul who seeks
him.*

*It is good that one should wait
quietly*

for the salvation of the Lord.

It is good for a man that he bear
the yoke in his youth.

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Lamentations 3:31–33

For the Lord will not cast off forever, but though he cause grief, he will have compassion according to the abundance of his steadfast love; for he does not afflict from his heart or grieve the children of men.

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1. **Set your mind** on the
goodness of God. (vs21)

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Vs 33

*for he does not afflict from
his heart or grieve the
children of men.*

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James 1:2-4

*Consider it all joy, my brethren,
when you encounter various trials,
knowing that the testing of
your faith produces endurance.
And let endurance have its perfect
result, so that may be perfect and
complete lacking nothing.*

All The
Feels

*“there is a sense in which the
primary task of the scriptures is
to teach us how to talk to
ourselves”*

D. Martyn Lloyd-Jones

All The
Feels

*Your emotions don't have
brains. They can't think or even
tell what's real or not.*

*You have to think for them.
You have to show faith to them.
You have to tell them how to
feel.*

All The
Feels

*We must not feel our way into
our beliefs; we must believe our
way into our feelings*

All The
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2. **Look** for **lessons** to be **learned**
(vs 26–28)

All The
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Vs 26-28

*It is good that one should wait
quietly
for the salvation of the
Lord.*

*It is good for a man that he bear
the yoke in his youth.*

*Let him sit alone in silence when
it is laid on him*

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3. **Know** that God's plans are
ultimately for **good**.
(vs 24-32)

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*24 “The Lord is my portion,” says
my soul, “therefore I will hope in
him.”*

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*32 though he cause grief, He will
have compassion according to the
abundance of his steadfast love;*

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*4. Wake up and expect the
goodness of God.
(vs22-23)*

All The
Feels

*The steadfast love of the Lord
never ceases; his mercies never
come to an end; they are new
every morning
great is your faithfulness.*

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