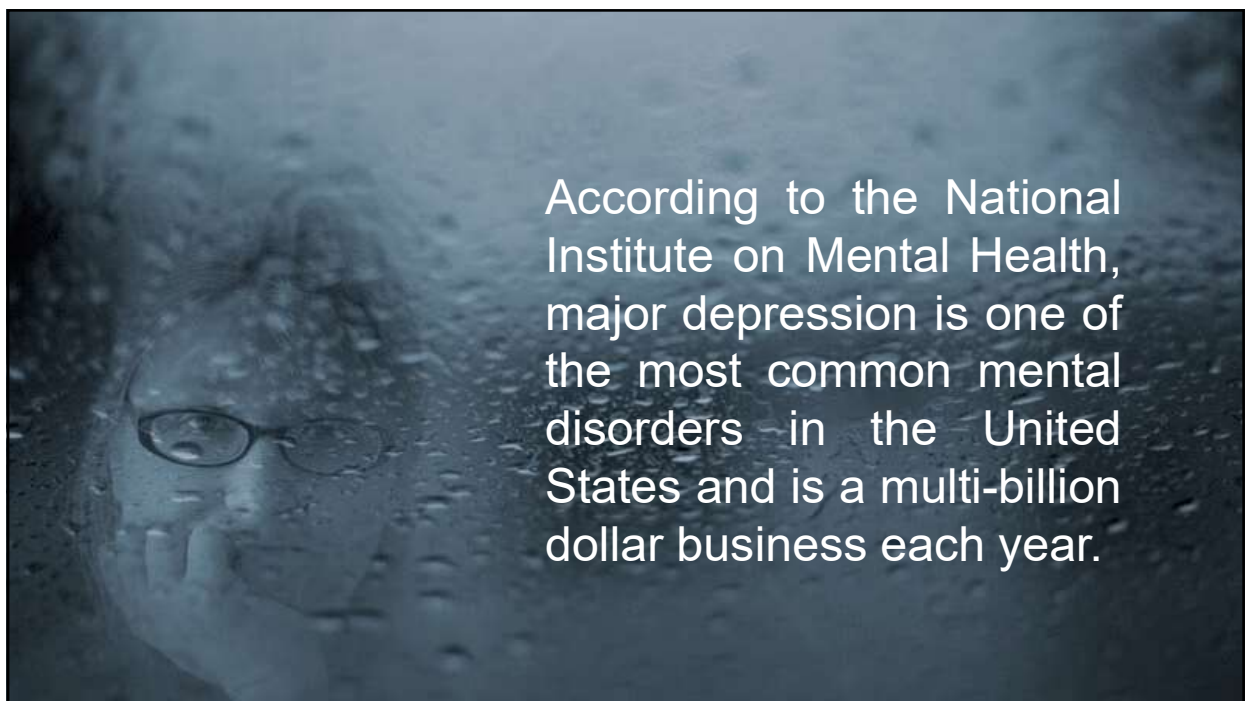




## When the Upright are Downcast

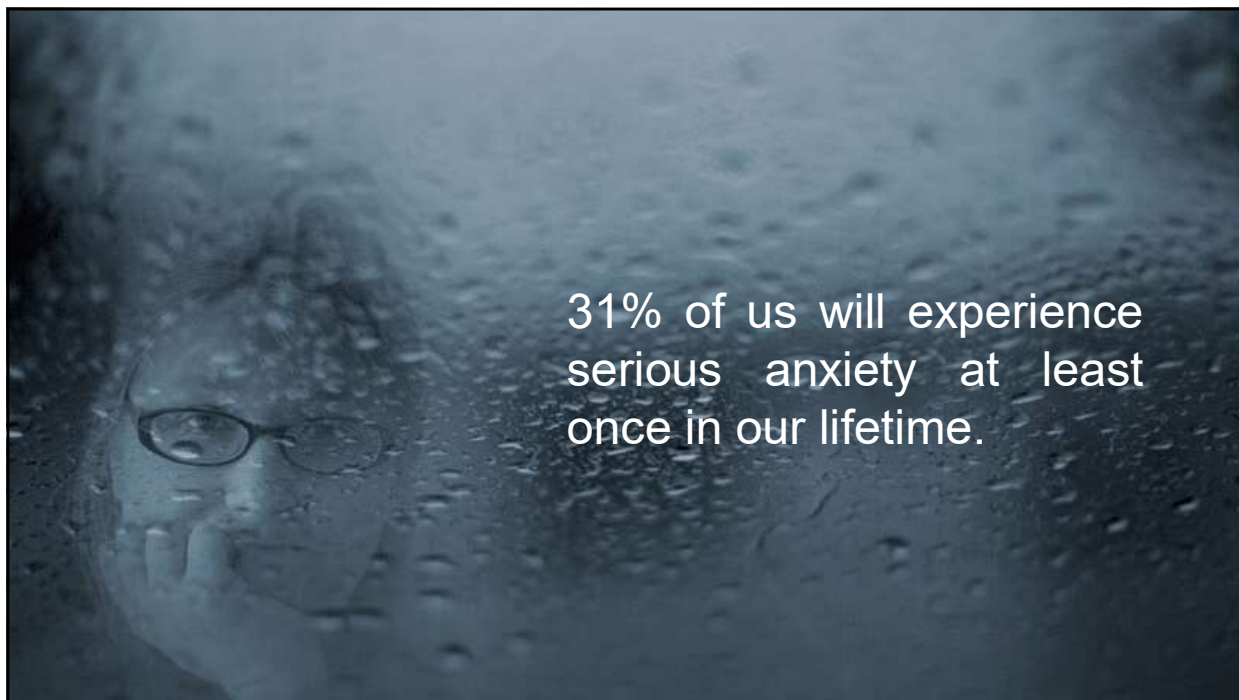
How believers can beat depression

1



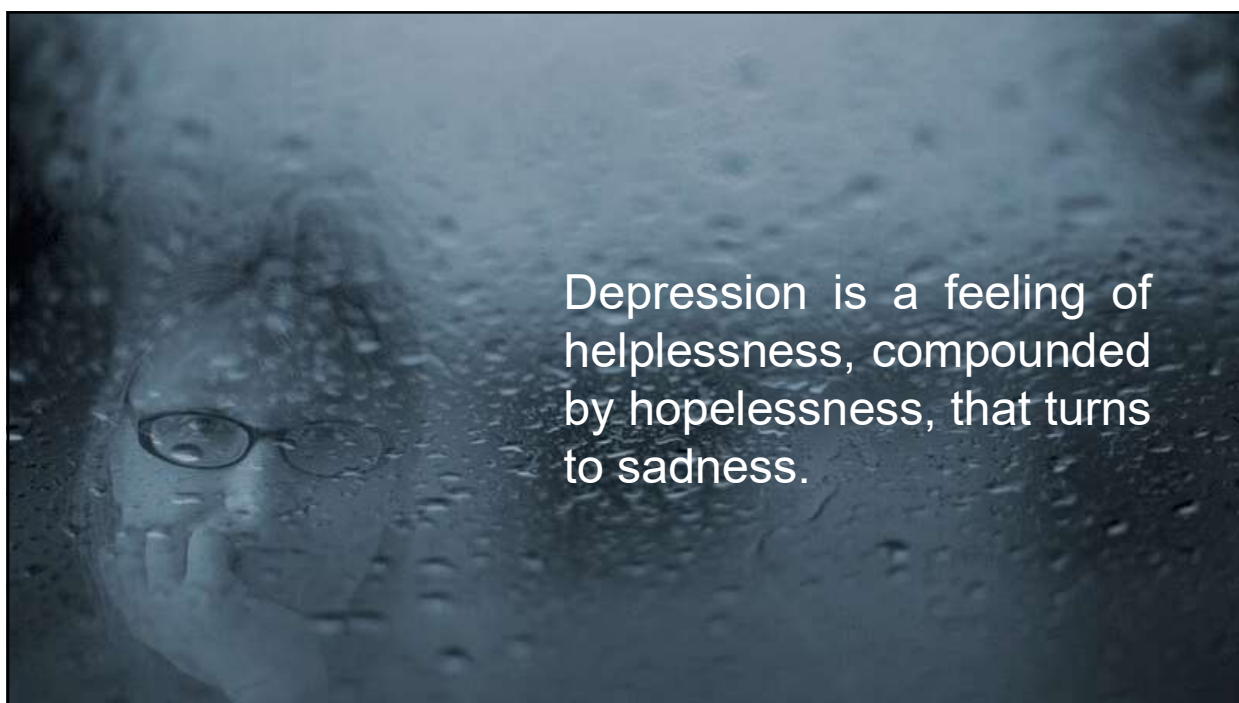
According to the National Institute on Mental Health, major depression is one of the most common mental disorders in the United States and is a multi-billion dollar business each year.

2



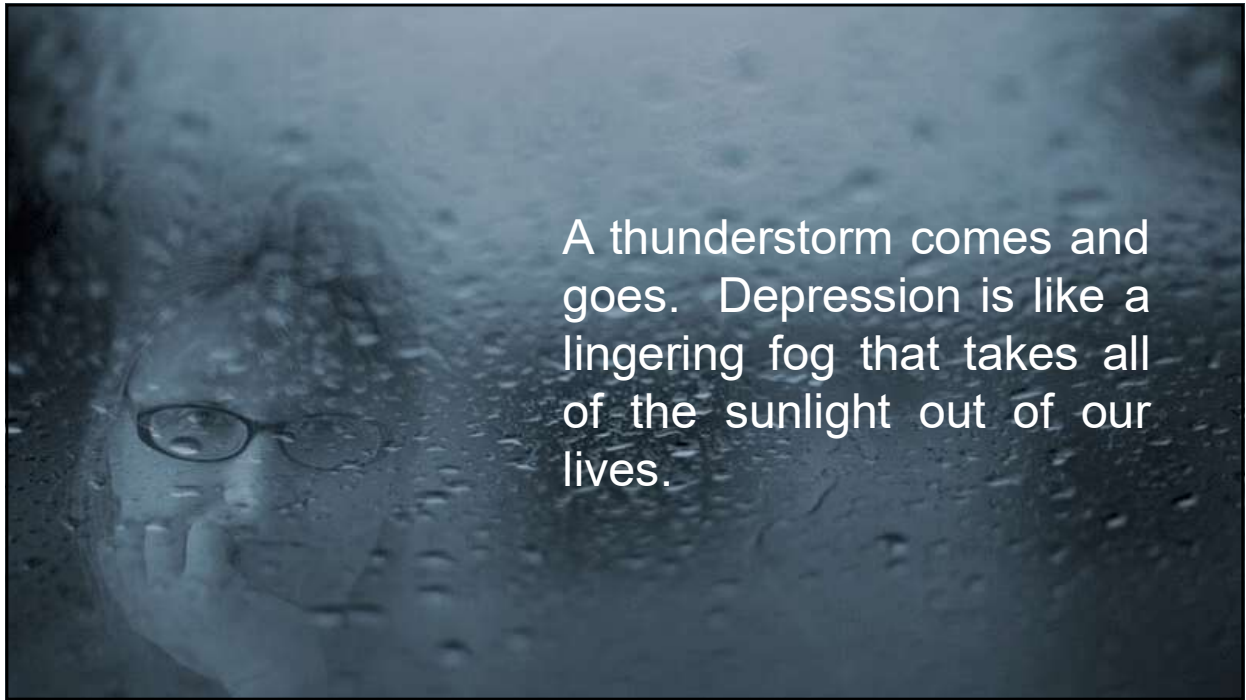
31% of us will experience  
serious anxiety at least  
once in our lifetime.

3



Depression is a feeling of  
helplessness, compounded  
by hopelessness, that turns  
to sadness.

4



A thunderstorm comes and goes. Depression is like a lingering fog that takes all of the sunlight out of our lives.

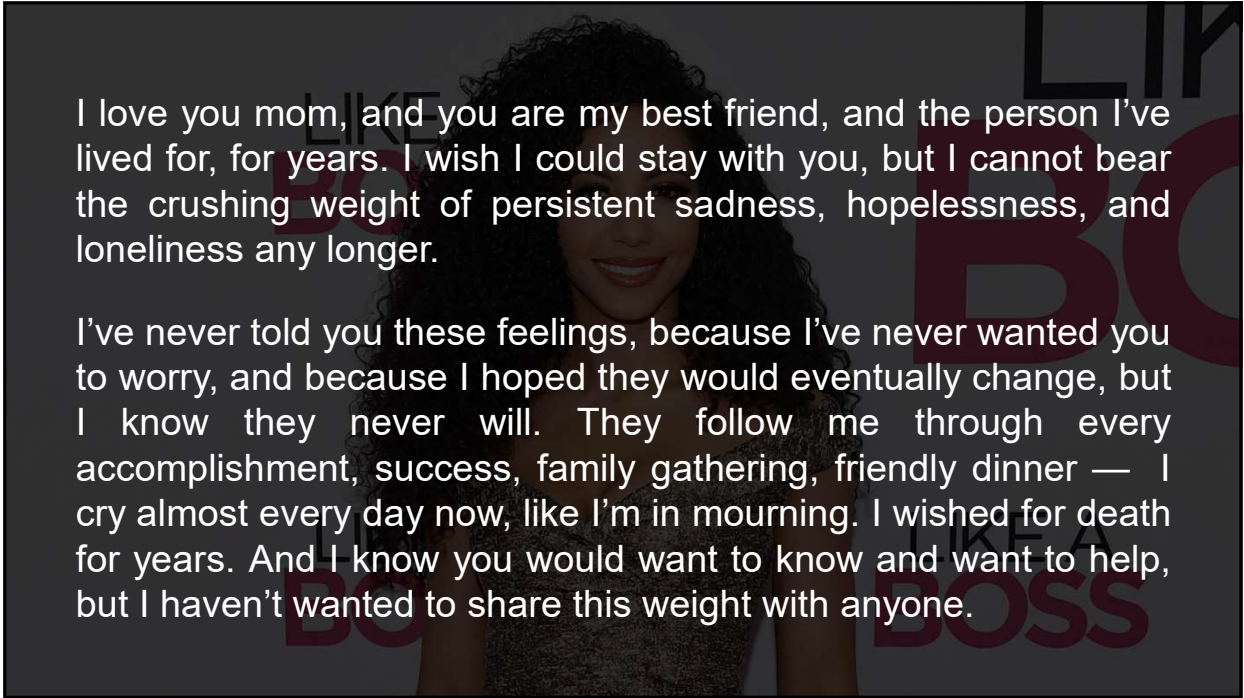
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Cheslie Kryst  
Former Miss USA pageant winner

6

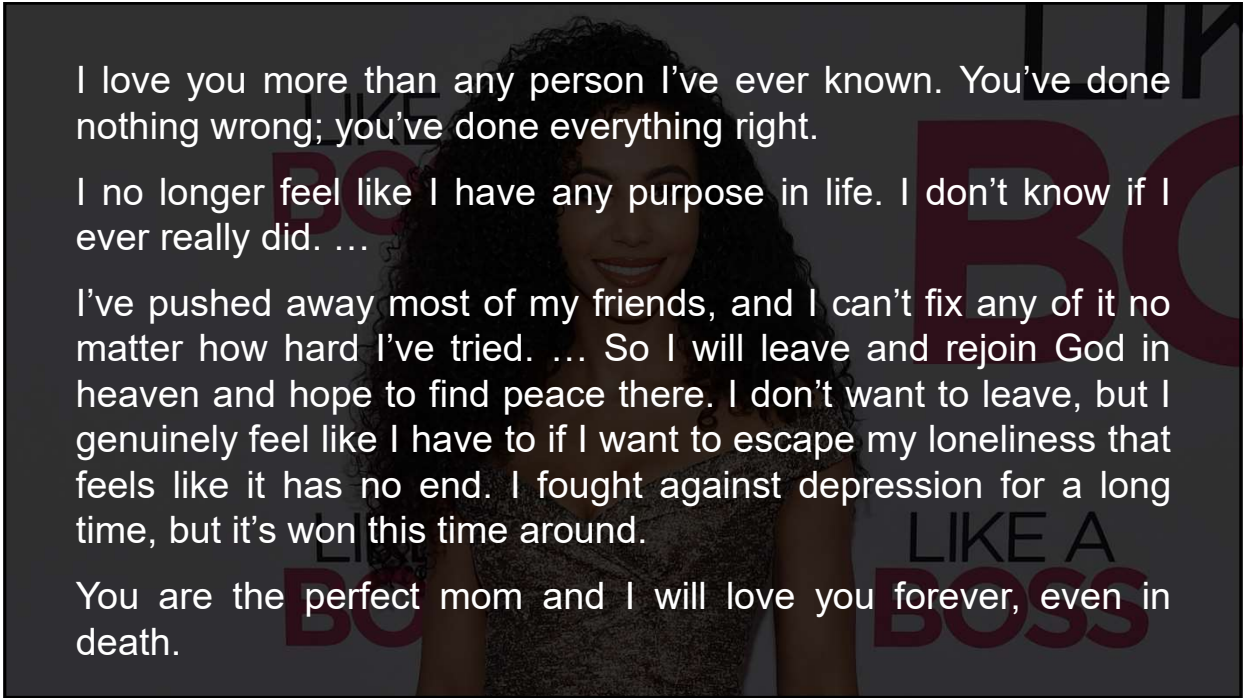




I love you mom, and you are my best friend, and the person I've lived for, for years. I wish I could stay with you, but I cannot bear the crushing weight of persistent sadness, hopelessness, and loneliness any longer.

I've never told you these feelings, because I've never wanted you to worry, and because I hoped they would eventually change, but I know they never will. They follow me through every accomplishment, success, family gathering, friendly dinner — I cry almost every day now, like I'm in mourning. I wished for death for years. And I know you would want to know and want to help, but I haven't wanted to share this weight with anyone.

7



I love you more than any person I've ever known. You've done nothing wrong; you've done everything right.

I no longer feel like I have any purpose in life. I don't know if I ever really did. ...

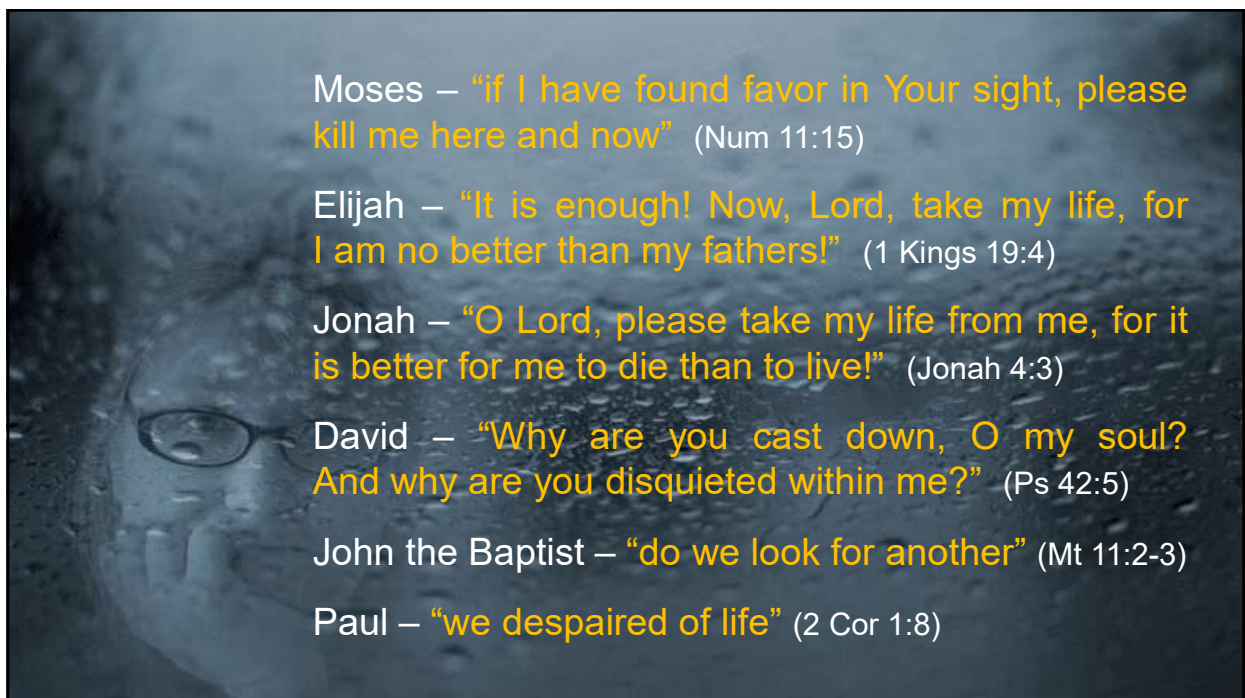
I've pushed away most of my friends, and I can't fix any of it no matter how hard I've tried. ... So I will leave and rejoin God in heaven and hope to find peace there. I don't want to leave, but I genuinely feel like I have to if I want to escape my loneliness that feels like it has no end. I fought against depression for a long time, but it's won this time around.

You are the perfect mom and I will love you forever, even in death.

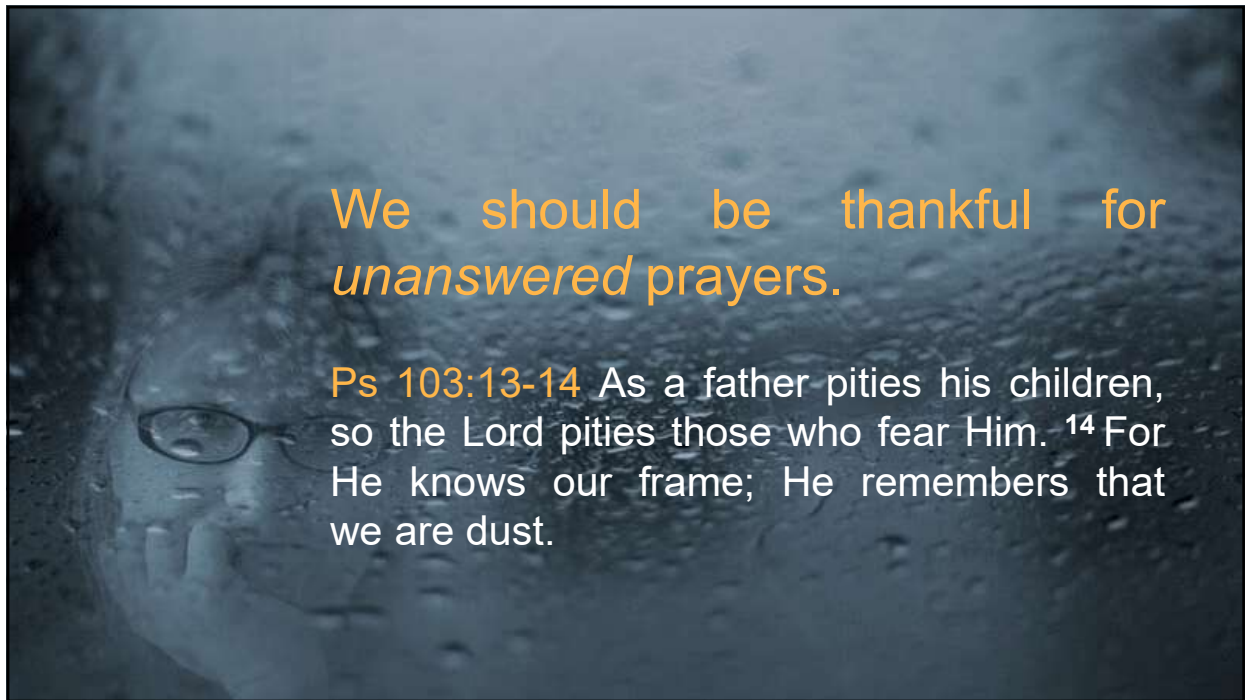
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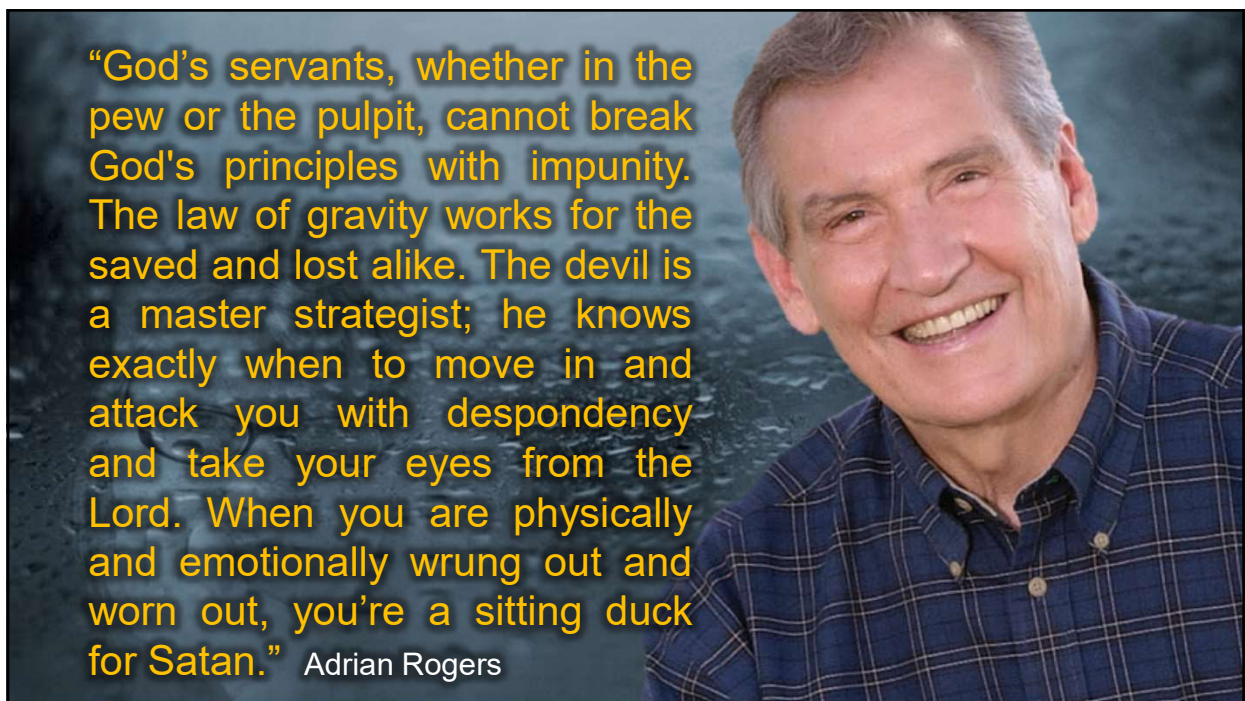
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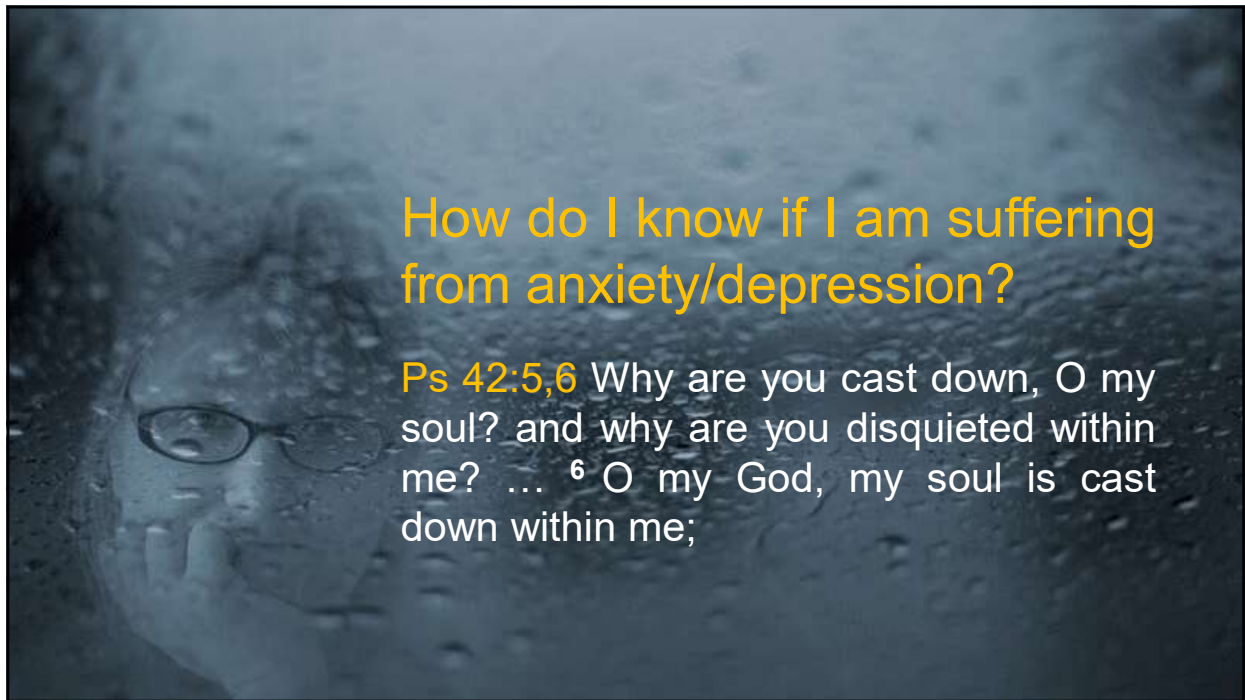


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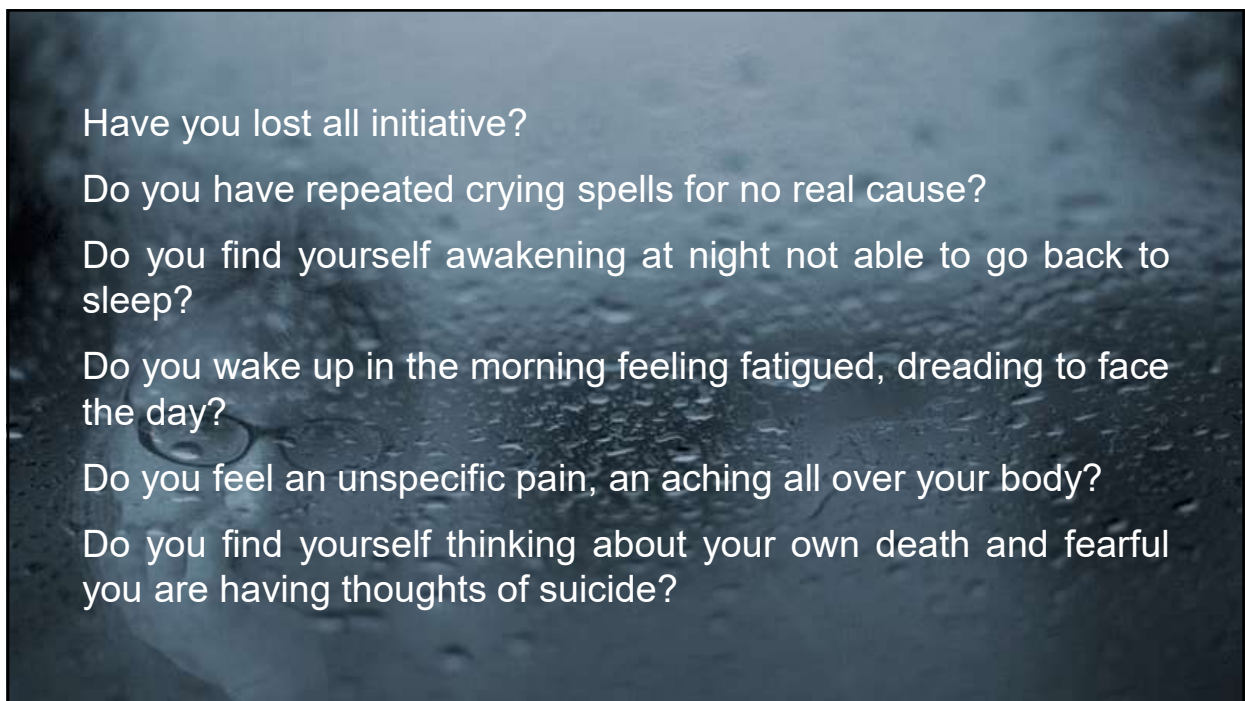


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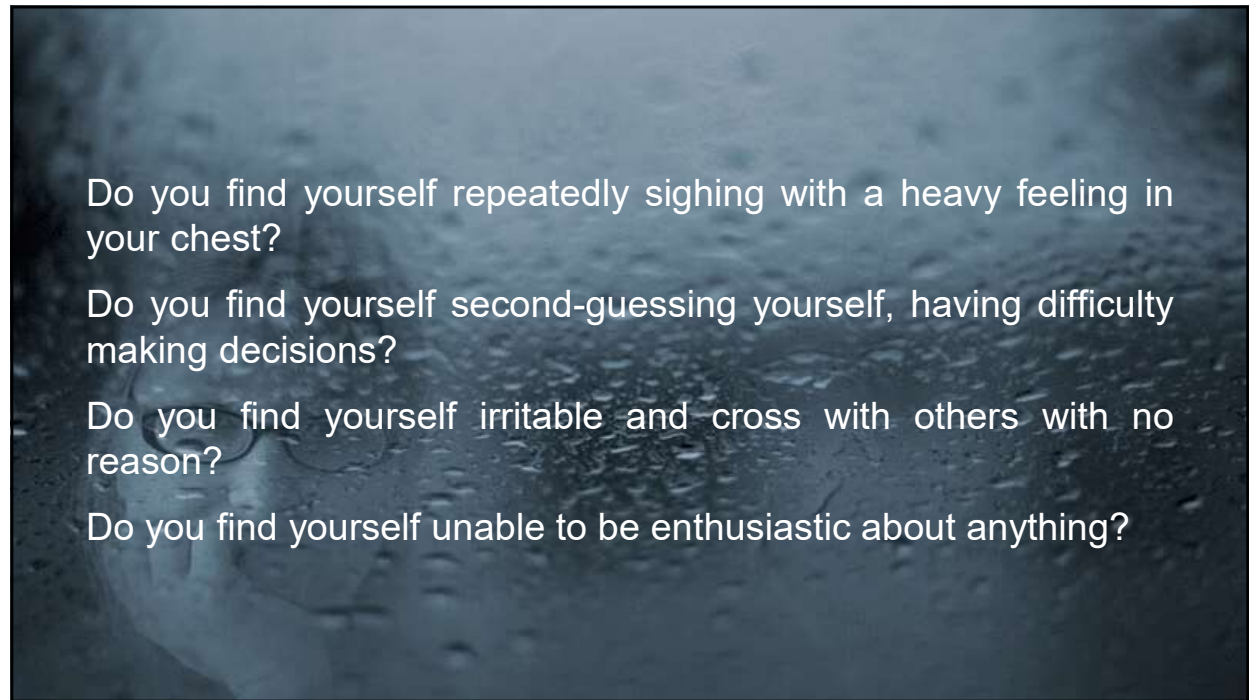




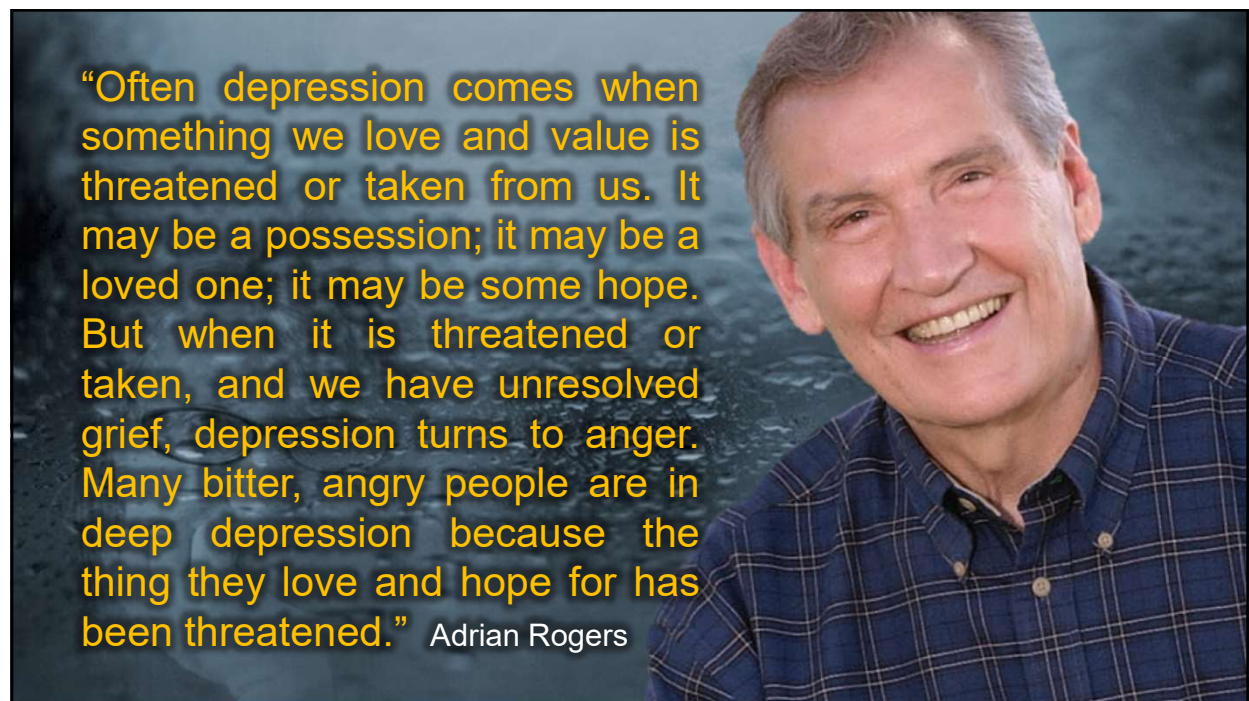
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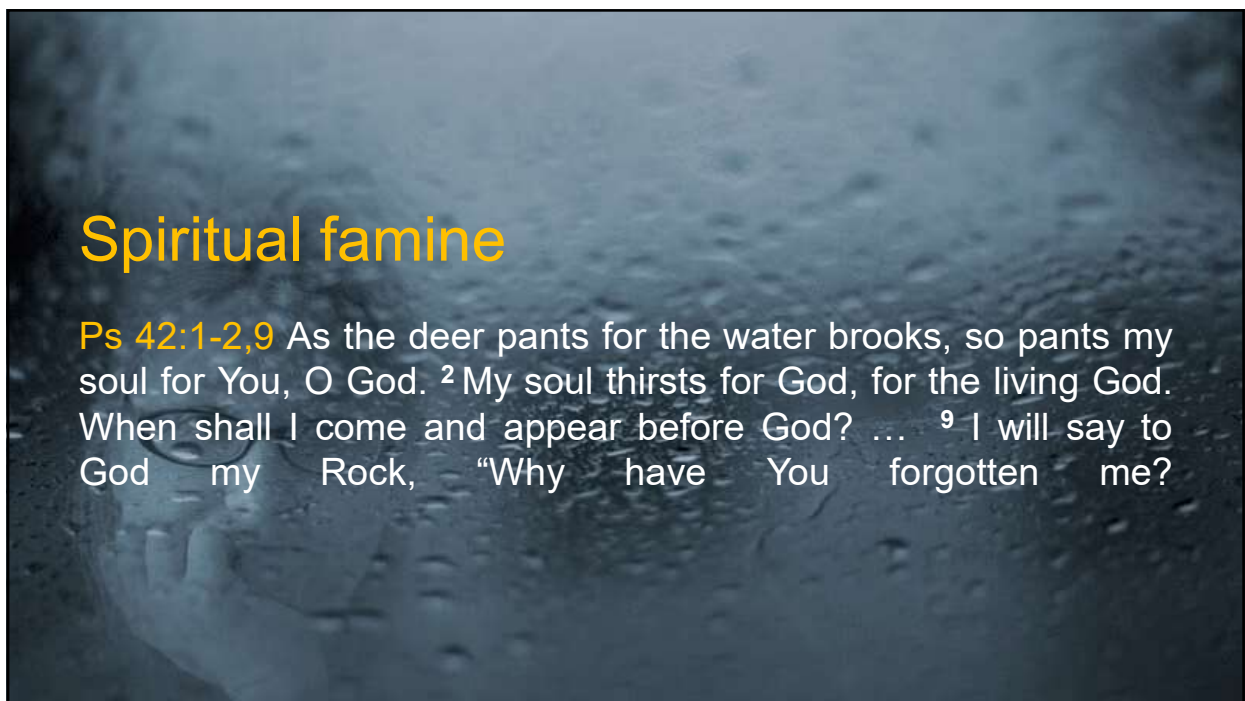


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17



18

## Emotional frustration/flatness

**Ps 42:3** My tears have been my food day and night, while they continually say to me, "Where is your God?"

**42:4** 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.

19

**42:6-8** 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.

20

A person with glasses is looking out a window covered in rain. The person's face is partially visible on the left side of the frame, looking towards the right. The background is a dark, rainy scene.

## Physical fatigue

**Ps 42:9b-10** 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?"

21

A person with glasses is looking out a window covered in rain. The person's face is partially visible on the left side of the frame, looking towards the right. The background is a dark, rainy scene.

## How do you beat depression?

22



## 1. Look within to your heart

**Ps 42:5** Why are you cast down, O my soul? And why are you disquieted within me?

**Prov 23:7** For as he thinks in his heart, so is he.

**Prov 4:23** Keep your heart with all diligence, for out of it spring the issues of life.

23

## 2. Look upward to your help

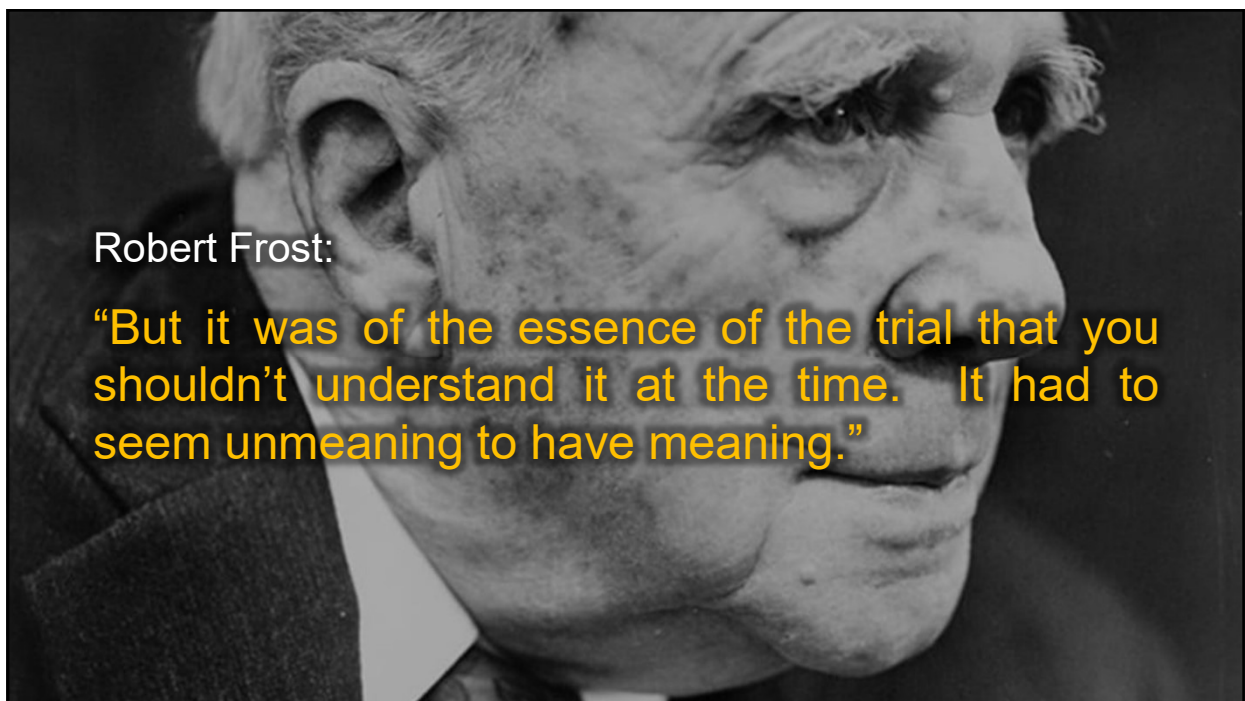
**Ps 42:11** For I shall yet praise Him, the help of my countenance and my God.

**1 Pet 5:7** casting all your care upon Him, for He cares for you.

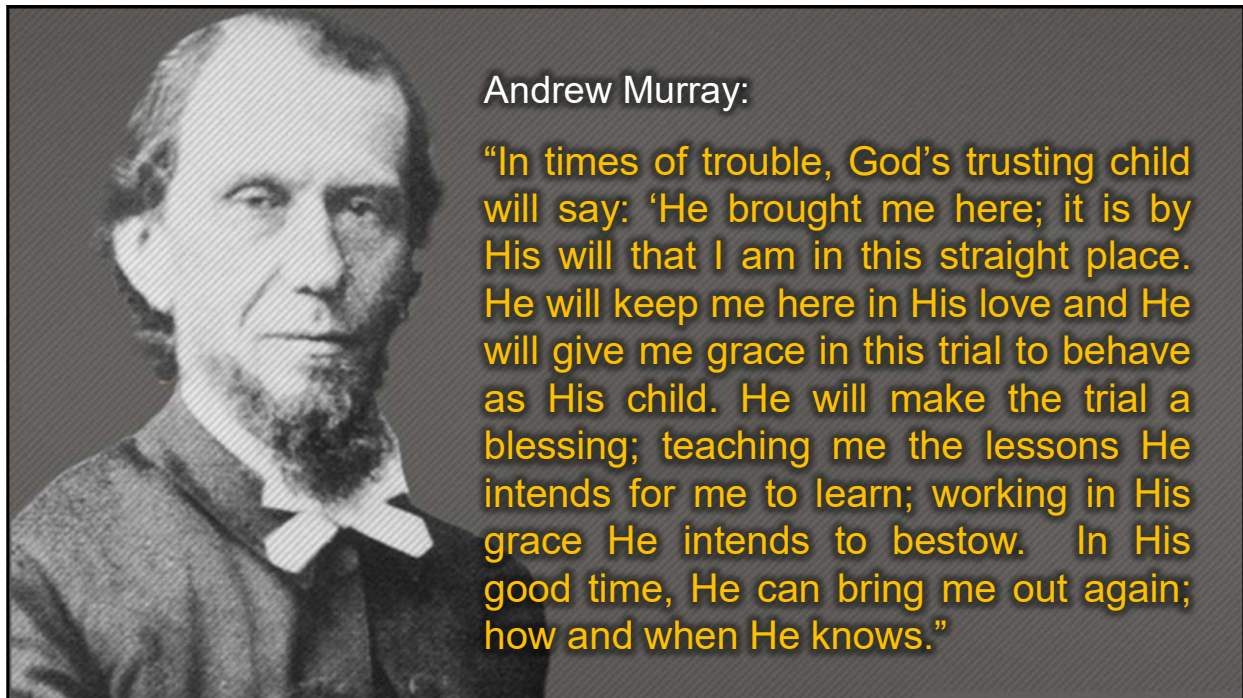
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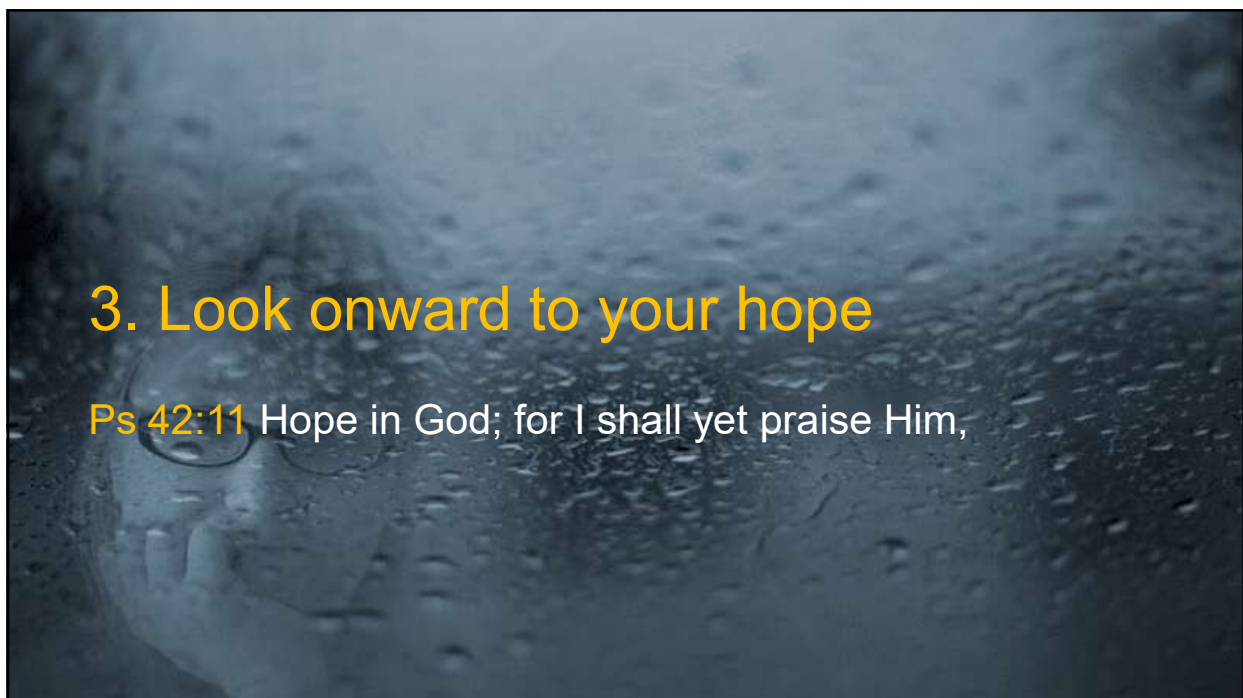
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28



## Hope is not a vain wish – but a definite assurance

**Heb 6:19** This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil,

**Heb 13:6** So we may boldly say: “The Lord is my helper; I will not fear. What can man do to me?”

29

## 4. Rid yourself of excess baggage

**To Moses:** stop trying to do everything; some things other people can do.

Most of us will get physically worn-out doing things God never intended us to do!

**Ps 127:2** It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; for so He gives His beloved sleep.

30

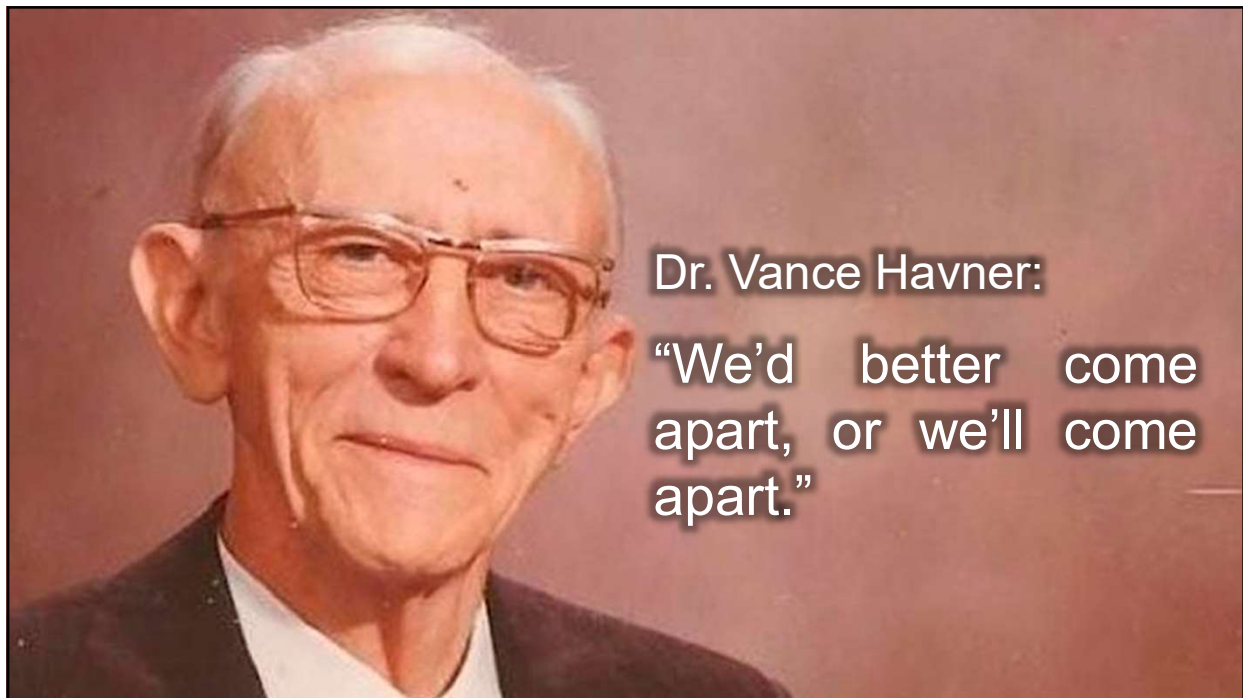
## 5. Pull away and get some rest

To exhausted Elijah: God sent food and rest

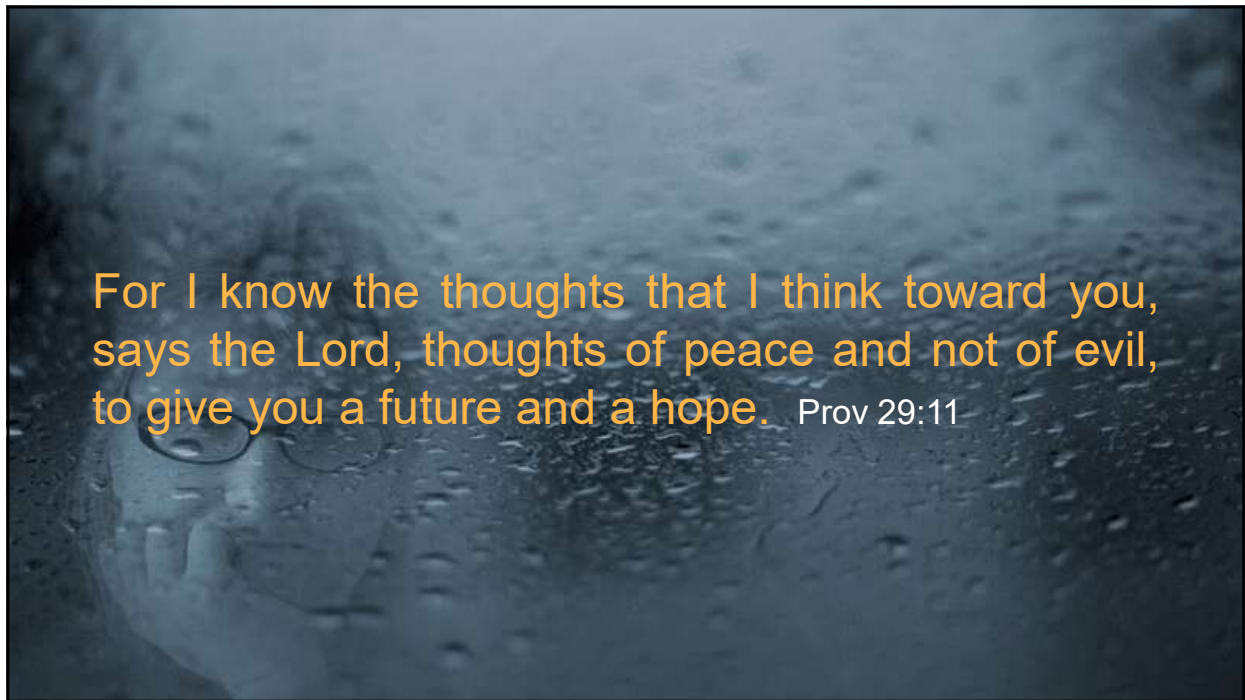
To frustrated/weary Jonah: God sent coolness & shade

**Mk 6:31** And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat.

31



32



33