

My soul is full of trouble and my life draws near the grave.  
...But I cry to you for help, O LORD; in the morning my prayer  
comes before you. *Psalm 88:3,13*

**Depression:**

The sun comes up and brightens the day...and the shadows remain.  
“...the \_\_\_\_\_ is my closest friend.” *Psalm 88:18b*

God is not ashamed of his depressed children!  
God embraces the grief of his people.

**Why does God allow the darkness?**

- ✓ God is not in the business of making people \_\_\_\_\_. He is in the business of making people holy; developing their faith. We will never mature in faith and grow in holiness pursuing comfort. Suffering is the habitat in which faith and holiness take root and grow strong. Thus, God allows suffering.

*Philip Yancey*

*What to do when you feel like giving up:*

- 1) Don't quit \_\_\_\_\_ !
- 2) Don't quit \_\_\_\_\_ !

**When YOU feel like giving up**

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3) Don't quit being \_\_\_\_\_ with God!

- ✓ Hold nothing back. God welcomes such honesty, for it is there in that place of openness where God has permission to enter into our hearts and begin a healing work in our emotions.

It is not until we welcome Jesus Christ into the messiness of our life that we can know Him deeply and intimately. Too many people are spiritually shallow because they pray \_\_\_\_\_. We can be guilty of thinking prayer is simply a brief exchange of pleasantries with God. When, in truth, God intended prayer to be a surprisingly honest exchange of emotions and questions and longings and pleadings. Friend, the Psalms don't teach us to pray nice. They teach us to pour out our hearts to God; to allow the flood of our emotions to spill into heavens throne room.

4) Don't quit \_\_\_\_\_ !

- ✓ There will be other psalms and other seasons!

5) Don't quit \_\_\_\_\_ WHO God is and that He LOVES you!

- ✓ Heman calls God "Yahweh" vs. I
  - And "the God who saves me."

The eternal God is your refuge, and underneath are the everlasting arms.  
*Deuteronomy 33:27*

Sometimes we forget this simple truth: The \_\_\_\_\_ pieces of ourselves are often our greatest teachers. It is from them that we learn our strength. It is from them that God teaches us compassion, wisdom and understanding, devotion, faith, and insight. It is from them that God teaches us how to pray, how to cry, how to listen, how to reach out for help. It is from them that we understand the depth of God's grace & goodness, and from Him then, how to empathize and offer \_\_\_\_\_ to others.