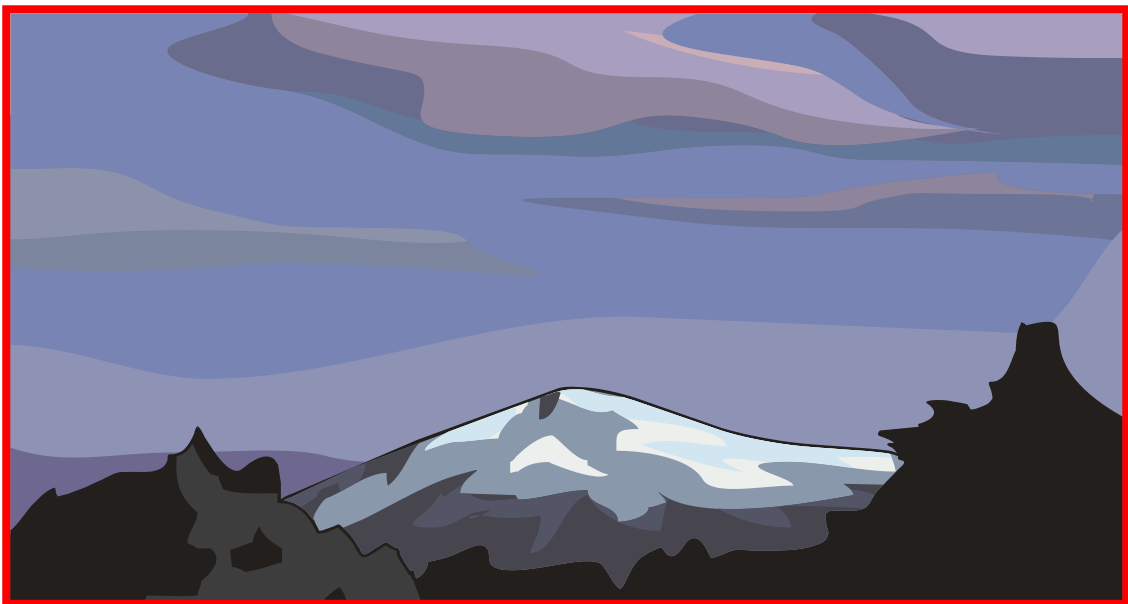


From the Darkest Valleys to Brightest Mountaintops

Studies in depression throughout
the Bible and how God cured it



Written by Carey Pomerantz

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INTRODUCTION

Depression. It goes by many names - feeling a bit blue, down in the dumps, an off day and the like. Whatever you want to call it, it is a painful and very real problem. It is also very hard to work through.

One of the worst parts of depression is the feeling that you are alone. People tell you to cheer up. Others will tell you that if you think you have problems, listen to their troubles. Still others may tell you to just get a grip on yourself. None of this helps. You really do feel isolated in your pain of spirit.

One thing that always helps is turning to God in times of depression. Sure, you are thinking, here comes another lecture on religion. Wrong! The purpose of this booklet is to show you that you are certainly not alone in this painful situation and that there is real help close at hand. Not only is God always with you, but all the great men and women - the heroes - of the Bible are also with you. They felt the same as you do and guess what - they all made it through!

When you read this booklet, you will have to use your imagination. The Bible does not say much about depression directly. There are some passages that deal with such feelings as in John 14:27 in which Jesus says "*Let not your heart be troubled, neither let it be afraid.*" There are, however, innumerable accounts in the Bible where you just know the person in question has to be depressed. That is where your imagination comes in.

You will have to take it for granted that the person in the Bible is depressed and then read further to see how God solves the problem. When you see example upon example of God's love and intervention for our benefit, you will see that turning to God is a real and effective cure. Whatever is troubling you has troubled someone in the Bible. Read the Bible and you will see that they, like you, found a cure in God.

There is a beautiful hymn that offers a ray of light in the darkness. It makes you think outside of yourself and gives you hope. This is the hymn:

Praise to the Lord, the Almighty, the King of creation!
O my soul praise Him for He is thy Health and Salvation!
Join the full throng; wake, harp and Psalter and song;
Sound forth in glad adoration!

Praise to the Lord, who o'er all things so wondrously reigneth,
Who as on wings of an eagle uplifteth, sustaineth.
Hast though not seen how thy desires all have been
Granted in what He ordaineth?

Praise to the Lord, who hath fearfully, wondrously made thee;
Health hath vouchsafed and when heedlessly falling hath stayed thee.
What need or grief ever hath failed of relief?
Wings of His mercy did shade thee.

Praise to the Lord, who doth prosper thy work and defend thee,
Who from the heavens the streams of His mercy doth send thee.
Ponder anew what the Almighty can do,
Who with His love doth befriend thee.

The Lutheran Hymnal #39

If you're ready to fight your depression, grab hold of your Savior's robes and hang on tight. He has tremendous stores of love and healing just waiting to be poured out on you. What is more, He dearly wants to pour His love out on you and only waits for the invitation.

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PART 1 – Stories of Depression

❖ **In the beginning**, God created the whole universe and everything in it. Everything was perfect - literally. God could not make anything less than perfect. How do you think God felt knowing what a mess man would make of His creation? A little depressed perhaps? All that great work ruined. Sound familiar? Have you ever had something you worked hard for ruined? You are certainly in good company.

God had a cure for His own depression. He knew that He would send His Son Jesus to wash away the ruination of mankind and make everyone clean again. Jesus would restore the beauty of creation by His sacrifice. If the Father depended on Jesus to cure His depression, maybe you should give Jesus a try too. A cry for help from Jesus brings all the saving grace in heaven to you and with it, the balm for your soul that we all must have to survive. *Genesis*

❖ **The Garden of Eden** was truly a paradise. Anything you could want was there for the taking. Adam and Eve could even walk and talk to God as friends talk to one another. A better life could not be had. What happened? Adam and Eve fell into sinful rebellion against God and lost all of this. We make mistakes like they did and sometimes the cost is high. Adam and Eve must have been deeply depressed over this.

God punished Adam and Eve for their rebellion. God also showered them with love. He could have destroyed them for their sin. He clothed them and sent them out into the world with the promise of a savior. How many times have we sinned and been forgiven when we should have been destroyed? Have you really messed things up? Jesus, our Savior, is just a whispered prayer away. Don't let depression destroy your life. Jesus will forgive and lead you out of the darkness and into the light. He

will brush you off and send you out again with a fresh start. Just ask and you will receive! *Genesis*

❖ **The Great Flood** occurred to wipe sinful mankind off the earth. Noah, a righteous man, found favor in the eyes of God and he and his family were spared. You would think that would make Noah happy - right? How would you like to be the only family left on earth? How would you like to lose your home and friends and everything you were used to? It is not hard to imagine Noah and his family being depressed about this. Being in this situation was not their fault - it just happened to them. Have you had seemingly bad things happen that were not your fault?

How did God cure this depression? He blessed Noah and his family and gave them protection from harm. God promised never again to destroy the earth and put a beautiful rainbow in the sky as a sign of His promise. This was still a terrible experience for Noah and his family but think of the joy of knowing this would not happen again as one child after another was born. A new world began out of sorrow. Even today, we still see God's sign in the sky. Next time you see a rainbow, remember God's love and protection. Better yet, keep looking up to see the glory of God in every sunrise, sunset and sun's rays breaking from behind a cloud. Don't you think God can do this in your life? Just ask! *Genesis*

❖ **Abraham and Sarah** - now there are two people who had every reason to be depressed. God promised to make a great nation out of Abraham but he and Sarah could not have children. They had been promised a bright future and yet had a dismal present. Abraham and Sarah even tried to have a family through their servants and this created even more trouble. Besides this grief, there were family problems going on. Who

could blame Abraham and Sarah for being depressed and doubtful of God's word?

God, as always, is true to His word and did what He promised. Abraham and Sarah had a baby whom they named Isaac. Depression? What depression! In their old age, they had a baby - their one great desire. Are you depressed over a disappointment? Has nothing you tried helped? How about giving God a chance to show His great love in your life? Nothing is impossible for God! *Genesis*

❖ **God was not through** with Abraham. God ordered Abraham to sacrifice his son Isaac as a burnt offering. What God didn't tell Abraham was that this was only a test of faith. After waiting so long to have a son, Abraham had to be depressed about being told to kill him. He was a god-fearing man and would do as he was told but one can only wonder at the sadness of that journey to the place where the sacrifice was to be held. Have you ever had to give up something after waiting a long time to get it?

Abraham was faithful to God and God was faithful to Abraham. When the time came to sacrifice his son, Abraham was stopped by God who provided the sacrifice Himself. Isaac would be returning home with his father. What relief and joy came out of that dark sorrow. *Genesis*

❖ **Issac grew up** and he too had to wait to have children. When he and his wife Rebekah had twin sons it should have been a lifetime of happiness. It did not work out that way. There was enmity between the sons and one wanted to kill the other. For a parent, that had to be depressing. Nothing hits as close to home as family problems.

God saw to it that the brothers were separated for a time so that tempers could cool down. When they were reunited, there was peace and friendship in the family. *Genesis*

❖ **The two sons of Isaac** were Esau and Jacob.

Esau was their father's favorite whereas Jacob was the more cunning. Over time, Jacob tricked Esau out of his entire inheritance. Esau had to be depressed and angry over his brother's manipulations. Jacob had to be depressed over the trouble and family rift he caused as well as having to flee for his life. Many families have experienced rifts such as this with the sadness and depression that goes with it.

As stated before, God was able to change the hearts of the brothers and peace was restored in the family. Ours is the God of Peace and loves to see peace among His family. Just ask. *Genesis*

❖ **Jacob, known for his cunning,** was outwitted by a

relative. Jacob wanted to marry the younger of his relative's daughters but was tricked into marrying the older one first. Only then could Jacob marry the younger daughter (*at that time a man could have more than one wife*). There was strife in Jacob's family between the two wives and intense jealousy between them. This kind of trouble had to be depressing to everyone.

Even though there was continued strife in Jacob's family, at least there was blessings also. Both wives had children that were dearly wanted. Even if all the problems were not solved, at least there was the gift of children. *Genesis*

In all, Jacob had twelve sons. His favorite, Joseph, was envied by his brothers. Joseph's brothers sold him into slavery and told his father that he was dead. Jacob was severely depressed by the loss of his favorite son and Joseph had to be deeply depressed by the treachery of his brothers and the separation from his family. Have you ever been treated badly by a trusted or loved one? You are not alone.

In the course of time, Joseph became a very powerful man in Egypt where he was once a slave. He was reunited with his family to the great joy of his father and, in fact, saved his

family from starvation during a famine. God responded to Joseph's faith with overwhelming blessing. As Jesus said, "Ask and you shall receive." Is your faith weak? Weak faith is not a problem, ask for a stronger faith and how can God refuse? God delights in such requests. Faith in Jesus drives out fear and will drive out depression too. The more time you spend in prayer with God, the less time you have to be depressed. *Genesis*

❖ **Considered one of the** great heroes of the Bible, Moses had a lot of reason to be depressed. He had to be abandoned by his family to save his life. He got into trouble for killing an abusive Egyptian and had to flee for his life. Brought up in Pharaoh's household, he ended up as a shepherd. When God called him, he really did not want to be the leader of the Israelites and tried every way possible to get out of it. Having been forced into leading the Israelites, Moses had to deal with constant rebellion and threats. After all of that, Moses would not even get to enter into the Promised Land. If that isn't enough to make a person depressed, what is? All of us can relate to at least some of Moses' experience. How could Moses possibly find relief from his troubles? The answer, as always, is God.

Separated from his family, God arranged for Moses' mother to raise him for a few years. Getting into trouble in Egypt was God's way of getting Moses out of Egypt for cleansing and training in the form of his new occupation - shepherd. By the time Moses was called by God, he was well trained for the job. And about that job - God won every argument Moses put forth by promising to do the job for Moses. All he had to do was act as God's messenger. Even when Moses said he couldn't speak well, God gave him a solution in the form of Aaron who would speak for Moses. When rebellion and threats arose, Moses would speak directly with God and God solved the problems while at the same time treating Moses like a son. Moses would not go into the Promised Land but God did let him see it. Then, God took Moses personally and gently

from this life of troubles into a far better Promised Land. For Moses, God was always a prayer away. Through Jesus, God isn't even that far away. The Holy Spirit always intercedes for us and the Father and Son are always ready to come to our rescue. *Exodus*

❖ **In the book of Judges**, we see Israel in a time of national turmoil and decay. Their rebellion against God causes them to face oppression. They are under a great deal of stress. It had to be very depressing to be free of slavery in Egypt only to be faced with slavery in Israel. Has your lifestyle pulled you into a rebellion against God? Have you alienated the best friend you ever had? Be of good cheer - all is not lost!

Every time the Israelites called to God for forgiveness, He was merciful. God forgave Israel's sinful rebellion and gave them a "judge" to lead them out of trouble. Not only was the oppression ended, but there was peace in the land for the entire lifetime of the judge. Take a hint from this Biblical truth. God is always willing to forgive when we call upon Him through Jesus. Jesus paid the price for our sins, our rebellion, and gives us the right to call upon Him for help. If this is what is getting you down, forget it and remember Jesus. You can't imagine how much love and mercy is stored up and waiting for you. *Judges*

❖ **The book of Ruth** is a study in depression. Naomi is a woman who has lost her husband and both sons. Ruth is the widow of one of Naomi's sons. They are destitute. Naomi is so depressed, she is despondent and wants people to call her by a new name meaning "bitter". Who could blame Naomi and Ruth for being so depressed? This was a terrible loss to face. All of us must face the loss of loved ones and depression is normal. There is help.

God sees the desperate condition of these two women and leads them to just the right place. They are cared for by a relative who will go on to marry Ruth. Ruth is happily married and Naomi has the grandchildren she wanted so dearly. This is not to say that their loss was not still painful, but there was a renewing of their lives in a happier situation. God really does look after widows and orphans. If you have lost someone who had faith in our Savior, you can cling to the certainty of reunion in Heaven. That loved one is enjoying a blessedness we can only imagine and hunger for. Jesus will satisfy that hunger one day and the pain will be totally forgotten. Come Lord Jesus!

Ruth

❖ **One of the great prophet - priests was Samuel.**

He was called upon to speak to Israel during a time when sin ran rampant. Israel didn't want God to rule them, they wanted a king. God told Samuel to deliver His message about just what that would mean - and it wasn't pretty. Samuel must have been quite depressed about having to try to talk people out of this foolish move and, when that failed, he had to anoint the first two kings. Knowing that his people were in for trouble, it must have been very hard to be the one chosen to make it all happen. Some of us, especially parents, have been in this position. Sometimes you have to let rebellion take its course and earn the grief it merits.

Samuel saw the first king become all the wrong things just as God had predicted. God did, however, have Samuel anoint a new and much better king. The new king did honor God and lead his people fairly. The new king also made big mistakes and suffered a lot of trouble for them. The new king was David through whose family line Jesus would emerge. Samuel had to feel better about being a part of so good a turn of events. Take heart! God can turn anything bad into something great.

1st and 2nd Samuel

❖ **While we are on the subject** of King David, we would have to look far and wide to find a more depressed person. Persecuted from his youth through his older years, David never found peaceful times. He did find comfort and help. The first king, Saul, tried to kill him several times and pursued him far and wide. Even David's son tried to kill him for the throne. There was constant warfare in Israel during David's reign. David was so depressed he wrote a whole book of songs about it. That book is known as the Psalms. To read the Psalms is to read a continuous cry for help from oppression and depression.

David was told by God why he had trouble and so was not left to guess. God also told David that his kingdom would be established forever. God always answered David's prayers for help and forgiveness. While it is true that David never had a peaceful time during his reign, he did have peace in his relationship with God.

David's peace was what Jesus described in the book of John when He said, *"Peace I leave with you: my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."* Troubles may or may not go away but with the peace that God offers, you can get through the hard times. *1st and 2nd Samuel and Psalms*

❖ **Even the wisest person** can do something so stupid that drastic results follow. Solomon for all of his God-given wisdom yielded to his many wives and began to worship other gods. For this, the nation of Israel would suffer greatly. It would be divided and abandoned to suffer wars and defeat as it too followed other gods. Solomon, when made aware of this must have been seriously depressed especially in light of his wisdom. He really would understand what his sins would cost.

The damage was done and punishment would follow. God did, however, send prophets to help the faithful to survive and continue David's line. God ensured that the one golden

thread remained unbroken in anticipation of the birth of Jesus from the line of David. Those who worshipped the true God could find comfort in this. Even when we do something incredibly stupid, God can turn things around so that everything works out in the end. Ask for forgiveness, faith and the wisdom to follow God's word. *1st Kings*

❖ **One of the prophets sent** to help Israel was Elijah.

In his battle with the ungodly and unrepentant of Israel, Elijah was so depressed that he asked God to end his life. Many who suffer depression toy with the idea of ending it all. Some do. Note that Elijah did not try to take his own life but asked God to do it. God, however, would come to the rescue.

God immediately fed and sheltered Elijah and encouraged him. God gave him instructions and provided miracles to help Elijah accomplish the task. He gave him helpers and let him see that there were still many who followed the true God. Elijah, like Moses, did not die like other men. He was taken up to heaven directly. Take encouragement from Elijah's story. If you are so down that you want to die, take it to the Lord. God wants to hear from you when you are in trouble, even desperate. He is waiting for the opportunity to step in and help. It says in the book of Acts, *"And it shall come to pass that whosoever shall call on the name of the Lord shall be saved."*
1st and 2nd Kings

❖ **There was a widow** with children who was destitute. Her creditors were about to come and drag off her sons for forced labor to pay her bills. She was deeply depressed about her situation both as a widow and as being on the verge of losing her sons to bill collectors. We all face financial troubles at one time or another. When up against a wall, it is depressing. God can fix this problem easily. After all,

the whole universe is His and He can give or take away as He wishes.

God solved this widow's depression in His usual way. He gave her enough and more to spare. The widow asked the prophet Elisha for help. He turned her small jar of oil into many jars of oil which she could sell to pay her bills and have enough left over to be secure. God always seems to give more abundance than we ever hoped for. *2nd Kings*

❖ **There was a woman** and her husband who were faithful and made room in their home for Elisha, the prophet. The Lord rewarded her with the desire of her heart (*even though she did not want any reward when asked*) - a child. Sure enough, she did conceive and bear a son. Some time later, the child sickened and died. The woman went to Elisha in great distress and sadness. How could this happen to her and her child? She was blameless.

Elisha interceded for the woman with God and the child was made alive again. This was a serious test of the woman's faith and in her belief, she was made joyful. True, this was an extreme case and loved ones who die most likely will not be brought back from the dead. Trusting in God during these times will, however, give you the peace of God's love and, in time, a strengthening of your faith. God does not want us despondent and will always help. *2nd Kings*

❖ **Elisha the prophet** had a serious bout of depression - enough to bring him to tears. He had to predict an event which would lead to great harm to Israel. Knowing what lay ahead, he wept. Events were in God's hands but that did not ease Elisha's troubled heart at the time. Many people experience this type of depression. Major surgery comes to mind where you know the result of the surgery will lead to permanent disability, disfigurement or long recovery.

God eased Elisha's depression with the knowledge that the harm done by what transpired would be reversible and, in the end, all would be well. *2nd Kings*

❖ **At this point**, we must once again give some thought to what God was feeling. He created man, nurtured him for thousands of years, provided for his every want and need, performed awe inspiring miracles to prove Himself as God and to help the Israelites believe in Him, and what happened? Ten of the twelve tribes of His chosen people turned to idol worship. There were even times when the remaining tribes fell away. After all that God had done, don't you think that He was angry, sad and depressed over the way things turned out? God's thousands of years of nurturing - thrown away by an ungrateful and unbelieving people. No mortal could understand the depth of sadness.

How could God cure His own depression? The same way we are to cure ours. God turned to His own word for help. God made a promise and He would remain true to His word. He took the remnant of believers and nurtured them so that, in time, He could send His Son to save all of us and effect a permanent cure for sin.

❖ **When the remnant** of the Israelites returned from their exile in Babylon, they were met with a terrible sight. Jerusalem and the Temple were in ruins. Those old enough to remember the splendor of the Temple were so saddened and depressed, they wept. Many people have left something dear to them and when they returned to it, it was not like before. Sometimes it is an object like an old house and sometimes it is a loved one who has changed or aged.

God not only brought back the few remaining Israelites from exile but He also softened the heart of the Babylonian king to provide all the Israelites needed to restore the Temple. The

king even returned the Temple objects that had been looted. God can and does rebuild lives. A cry for help is always answered. *Ezra*

❖ **The exiles have returned** to Jerusalem and in no time at all, they have started to repeat the same violation of God's commands that caused them to lose their homeland. They began to intermarry with neighboring countries who worshipped false gods. This led to the Israelites worshipping false gods as well. Ezra, the priest is greatly distressed, angry and saddened over this rebellious nature of his people. Have you ever gotten into trouble, were saved from your own folly and then returned to do the same thing again?

Ezra gets comfort when during prayer he realizes that God has punished his people less than they deserved and that His love remains with them. There is another chance for the Israelites to turn back to God and live according to His commandments. God can even save us from ourselves. *Ezra*

❖ **Nehemiah was another Israelite** in exile who was serving the Babylonian king. When he heard how the returning Israelites found the city of Jerusalem in ruins, he was so depressed he wept. Love for others and places dear to us can open us up to hurt. All is far from lost however.

The cure for Nehemiah's depression came through prayer. God answered Nehemiah by causing the king of Babylon to release him from service and act as governor of Jerusalem. The king made provision for Nehemiah to have the materials he needed to rebuild the city as well. God, as always, gives in abundance. *Nehemiah*

❖ **When Jerusalem was rebuilt**, the people were gathered at the Temple to hear an important message. The Book of the Law was read which showed the Israelites just how

much they had rebelled against God. In every case, they had broken God's commandments. The people were so devastated by this that they wept openly. Does sin weigh heavily on you? Do you feel deep guilt? Look at what happened.

The people were told to stop crying and to hold a day of feasting. They were to enjoy life to its fullest during this holiday. Afterwards, the people were given a chance to renew their covenant with God and be His people as they should always have been. Depression turns into joy once again through God's forgiveness. *Nehemiah*

❖ **There is no better discussion** anywhere on depression than the book of Job. Job was a righteous man and a joy to God. Satan in his incredible wickedness challenges God by saying that Job is only righteous because God has taken good care of him. If Job was not well provided for, he would curse God. God, who knows everyone's heart and strengths and weaknesses, allowed Satan to tempt Job by taking away all of His worldly blessings. Job not only loses his wealth, he is also suffers emotional, physical and spiritual pain. Job is depressed to the point of wanting death. Job says things like, "*Why did I not perish at birth and dies as I came from the womb?*" and "*Why is life given to the bitter of soul, to those who long for death that does not come, who search for it more than for hidden treasure?*"

Job is also assailed by the well-meaning but extremely bad advice of others. Job's wife and friends accuse Job of causing his own misery and bringing all this misery on himself.

Throughout his trials, Job does not turn from God but he does question why this is happening to him. Job knows he is a sinner but he certainly has not committed any sin worthy of this severe punishment. Job does not know that God is not angry with him and this is a test of his faith - not a punishment.

The cure for this depression comes with God explaining much to Job and restoring His blessings to him. We do not

understand the great depth of God's wisdom and workings and must trust in Him. It is much like being a passenger on a plane. We do not know how the plane works or how to fly it; we trust in the pilot and go where he takes us. If we can trust a man with our lives, how much more so should we trust God? *Job*

❖ **The writer of Ecclesiastes**, probably Solomon, had a hard time dealing with the futility of life. Solomon had everything yet found that he was not happy. All of man's striving eventually comes to nothing and his works dissolve into dust. This was a depressing and discouraging thought for the wisest man on earth. We have all had things that we worked for come to nothing. It is frustrating and depressing to have worked so hard for nothing. It is also depressing to have achieved our goals and then found them unsatisfying.

By the end of the book, Solomon comes to the realization that God alone is the only thing in our lives that is not meaningless. God is in complete control of our lives and the world around us and He alone is worth striving for. Every other problem fades into the background with this in mind. There is nothing wrong with working for something we want. Just keep in mind that God should not be put on "*the back burner*" in our lives. God, more than anything else, is the center point of our lives now and forever. *Ecclesiastes*

❖ **Jeremiah was a truly depressed man.** He was called by God to be a prophet during a very bad time in Israel's history. He delivered a brutal message from God which caused him to be hated and nearly executed. Jeremiah was a lonely, sensitive man of low self-esteem who was forced into an isolated life by his calling from God. Jeremiah was told not to marry and had to live without the comfort of wife and children. He really did not want any of this but, being a man of faith, he followed God's directions. Many of us are lonely, shy and

unsure of ourselves just like Jeremiah. We live desperate lives. God can change all that.

Though he had a life beset with troubles and fears, Jeremiah had a great deal of comfort in God's support of him and God's message of a restored homeland for the remnant of the faithful Jews. For a man of faith such as Jeremiah, this made everything worth the cost. *Jeremiah*

❖ **The unknown author of the Old Testament book of Lamentations** had to be seriously depressed. The whole book is a book of woe and mourning over the loss of God's love for His people. Doom and despair were all that could be expected now from a once loving God. Jerusalem would be destroyed along with the Temple; exile, suffering and humiliation were just on the way. Talk about grief! Our sins yield the same result and weigh us down greatly.

The only cure for this type of grief was the cure of faith. The author knows that severe punishment cannot be avoided, but he also knows that God's love will be restored and his people will once again be in God's favor. Through Jesus, we have that same assurance too. *Lamentations*

❖ **There is one group** of people who had to be some of the most distressed and depressed people of all time. These people are the prophets. Imagine how depressing it was to be told by God about terrible punishments about to be inflicted and to be ordered to tell the nation about their fate. Not only were you the bearer of very bad news, your message would earn you rejection and hatred of the very people you are trying to help. Prophets were imprisoned and rejected by the countrymen they loved. Some were driven to ask God for death rather than to continue with their work.

God gave these special people the strength to go on and offered them the ray of hope in the dark days which were to

come. Prophets not only told about punishment but also redemption. Some of the prophets were even given glimpses of the Savior to come. In the midst of hardship, this must have been of great comfort.

❖ **During the later days** of Jesus' ministry, He revealed to His disciples that His road led to death on the cross. His disciples reacted in a number of ways but it cannot be denied that depression and sadness was one of them. Put yourself in their place - you have come to believe that the man you have been following is the Son of God and invincible. Now you find out that He is going to die. This seems impossible. Doubts and fears must have crept into their thinking. Besides the spiritual pain, the disciples must have had a great love for Jesus and would be depressed over the thought of His death. Today, we might call this hero worship where many people are devoted to celebrities of one kind or another. Even if a person does not go as far as hero worship, there are certain people that he or she admires greatly and would be saddened if they were gone.

In these dark days of impending doom, Jesus gave His disciples a brilliant ray of sunshine. He would not remain in the tomb but would rise from the dead and return to heaven - His mission accomplished magnificently. The disciples would not have to believe Jesus, He would actually appear to them and prove what He said was true. Deep depression turns into great joy in the blink of an eye. And another thing - that joy is not fleeting, it is eternal! *Matthew, Mark, Luke, John*

❖ **Let us take the above** one step further. Jesus has entered Jerusalem on the last week of His earthly life. He has celebrated the Passover with the disciples and then was taken prisoner, endured a mock trial, suffered physical pain and then was crucified and placed in a tomb. How the disciples must

have hoped that Jesus would have found a way out of this. How they must have hoped that Jesus was not really going to die but alas, it is true. Their teacher and friend, who they believed to be the Son of God, died. As they huddle in a room and wonder what they should do now, they must have been about as depressed as a person can be.

Into the midst of this gloomy gathering Jesus appears. All that He said was true. He is the Son of God, He is alive, His word is true and their faith was well placed. What relief and joy must have been felt in that room. *Matthew, Mark, Luke, John*

❖ **One person who** must have been the most depressed of all was Peter. After making his glorious confession that Jesus was the Son of God (*something not known to everyone*), he denied even knowing Him during His trial. Peter was heartbroken. He knew Jesus was God and he denied Him during the time when Jesus needed a friend the most.

Jesus appeared to His disciples after He rose from the dead. Jesus took Peter aside and reassured him of his place in Jesus' heart. Peter was forgiven and reinstated to his position as a disciple. Peter was to become one of the great founders of the church. *Mark, John*

❖ **Jesus was deeply depressed** just before His death. He said as much in the garden at Gethsemane when He said, *"My soul is overwhelmed with sorrow to the point of death."* Jesus was about to suffer the worst punishment of all - condemnation by God the Father and was to be sent to hell. The one person in all history who lived a perfect, sinless life was to be separated from God forever. Even the thought of such condemnation was pain beyond measure for Jesus who is the very soul of eternal love. Jesus was to suffer all of this for other people's sins, not His own. Jesus could endure any

amount of hatred from mankind, but hatred from God the Father was more than He could take. On the cross, Jesus was more tormented by the idea that God had forsaken Him than by the pain He felt nailed to the cross. The One Jesus loved most hated Him for the sake of the sins of the world that Jesus took upon Himself.

Jesus knew that He would not be able to avoid what lay ahead. Jesus put His faith in God and accepted what was to come knowing that in God's hands, He would be safe. It was exactly as Jesus knew it would be. His Father would not let Him down. Even on the cross, Jesus placed His soul in God's hands knowing that He would not be denied. Jesus was raised from the dead and brought back to heaven to take His place as Glorious God and as the guarantee that His work was complete and acceptable for the forgiveness of sins for all people. We can never know the sorrow Jesus felt, but we can know the joy He felt when we at last lay down our earthly burdens and enter into eternal joy that was made possible by Jesus.

Matthew, Mark, Luke, John

❖ **We can consider the story** of Elizabeth - John the Baptist's mother. She was childless and aging. In her day, a childless woman was a shameful person. Not only did she not have a child to love, she was ashamed and depressed.

Not only would Elizabeth have a child even though she was thought to be too old, she would be the mother of a truly great man. Even Jesus spoke of John the Baptist with love and respect. *Luke*

❖ **Lazarus was a man who** was truly miserable. He was poor, friendless and sick. Only the dogs in the street showed him kindness as he begged for a few coins outside a rich man's home. Never knowing comfort just had to be depressing.

God's ways are not our ways and wealth looks different to us than it does to God. When Lazarus died, he went to heaven whereas the rich man whose door Lazarus begged outside of died and went to hell. The positions of the two were reversed - not for a few years but for all eternity. What a cure for illness and depression - eternal joy. *Luke*

❖ **There was a rich man** who sincerely wanted to follow Jesus. Apparently, he was a righteous man whom Jesus accepted. Only one thing stood in the way. The man was very wealthy and could not give up that wealth when Jesus asked him to. He went away deeply saddened. What a reversal of the norm - a wealthy man depressed over having great wealth!

The rich man could have taken Jesus advice and given up worldly wealth and received spiritual wealth instead. God did not leave him without options. Like all of us, he could seek after God and His riches or reject God and seek after worldly riches. It is very apparent that worldly riches did not bring this man happiness - just the opposite - they kept him from real happiness. We need to take stock of our lives and see what is really worth pursuing. What do we need to be really happy? Material wealth may seem to be the answer but would we rather not have peace and the joy of looking forward to eternal life? *Luke*

❖ **When Jesus entered** Jerusalem for the last time, He knew what lay ahead - suffering and death. Jesus accepted this as part of His great work of salvation for all of mankind. What made Jesus weep on this triumphal entry? It was Jerusalem's rejection of the message of salvation. In a very short time, it would be too late for this great city. The peace which the people could have had would be gone and in a few years, the city would be destroyed by Rome due to rebellion. Jesus gave His all for these cherished people and they spit in

His face. Jesus knew what lay ahead - not just for Himself, but for these people.

Jesus, true God, could cure His own depression by knowing that there would be a whole new generation on earth. This would be a new “*chosen*” people which would be all people - not just the Jews.

Jesus could look ahead at the countless people who would believe the message of salvation and join Him in heaven when the time came. *Luke*

❖ **There are many accounts** of miraculous healings in the Bible. In the Gospel accounts, there are stories of people suffering serious afflictions for years - many of whom suffered from birth or for a significant part of their lives. Pain and suffering as well as the social stigma attached to many of these afflictions must have been a great source of depression and despair. We all know the feeling of being ill and many of us know the feeling of depression that comes with a serious and possibly permanent illness or injury. God can make us rise above that.

Jesus did many healings during His stay on earth. The most important part of these healings was His remark that the healed person’s faith made them well. It was not the physical healing that made these people well - it was the healing of their souls that made them well in the more important sense. It was easy for Jesus to heal people. What was hard was healing their souls. There is a lesson to be learned in this. God may or may not heal an illness or injury - we cannot know what purpose this may serve in our lives. The more important healing is that of our soul. Our illness as our life, will only last a short time. Eternity is forever and that is where we want to be healed in the important sense. It is far better to be sick or injured and have a saving faith which heals our soul than to get physical healing and have no saving faith. God may provide a physical cure and if so, you are truly blessed. Even if you do not receive a cure from

physical problems, ask for a cure to your spiritual problems. Funny thing is that with a strong faith, nothing else matters as much as we used to think it did. *Matthew, Mark, Luke, John*

❖ **In the book of John**, we see a tragic side to Jesus' work and how deeply His feelings were hurt. After doing so much to prove that He was who He said He was, many who claimed to believe in Him turned away. Jesus was so hurt and saddened by this that He asks His disciples, "*You do not want to leave too, do you?*" We can read so much pain in this simple statement. Many people are depressed over the abandonment of loved ones or friends.

Jesus alone knew how many of those who turned away would later return. He also knew how many in the future would accept His teaching and be granted eternal life. By focusing on the will of God, Jesus could overcome depression. *John*

❖ **Lazarus, the brother of Mary and Martha** (*not the beggar at the rich man's gate*) died. This was understandably tragic for Mary and Martha, but it was deeply depressing for Jesus as well. Jesus wept over the death of Lazarus since He loved him dearly. There is a double meaning to Jesus sadness. As a man, He was grieving over the loss of a friend. As God, He was depressed that Lazarus would be brought back from the bliss of paradise to resume his life on earth.

Jesus brought Lazarus back from the dead so that he could be a witness of Jesus' claim to divinity. As man, Jesus would once again have His friend alive. As God, Jesus would have used Lazarus to His glory and would have him back again for all eternity later. *John*

❖ **During the last supper**, Jesus was depressed by the fact of His forthcoming betrayal. In the book of John it is said, "*Jesus was troubled in spirit and testified, 'I tell you the*

truth, one of you is going to betray me.” Jesus was not surprised by Judas’ action - He knew from the beginning that this would happen. That doesn’t make it easier to endure. The twelve apostles were close friends of Jesus - hand picked men with so much to do in the future. One of these was to fall so deeply into sin that he would be lost forever. Jesus, who was the very soul of love, must have found this deeply depressing.

Again, Jesus found the cure for depression in the will of God. The actions of Judas were prophesied and had to take place to fulfill the Savior’s mission on earth. Salvation would come to all people and there would be very heavy costs to this work. The end result was worth what it took to arrive there.

John

❖ **The jailer of the prison** at Philippi was put in charge of Paul and Silas. God performed a miracle and freed Paul and Silas while the jailer was asleep. When the jailer awoke, he saw the prison doors open and, fearing the prisoners had escaped, he was about to commit suicide. The jailer knew he would be held accountable for the escape and punished severely. Fear and despair in this case, was nearly fatal.

God saved the jailer from a terrible mistake in His usual abundant style. Paul and Silas were free from their chains but they did not leave the jail. In fact, they stopped the jailer from killing himself. The jailer was still terrified and asked what he needed to do to be saved. Paul and Silas told him, *“Believe in the Lord Jesus and you will be saved.”* The jailer took Paul and Silas to his house, cared for them, heard them tell about Jesus and then he and his family were baptized. Not only was the jailer saved from killing himself, he and his whole family were saved for all eternity. *Acts*

❖ **Consider the situation Paul** found himself in. He was called to be an apostle by Jesus in a rather astounding

way. He had to convince the other apostles that he was not the same person who previously had persecuted the fledgling church. He faced endless rejections, persecutions and punishments for the sake of proclaiming the good news of salvation. What does Paul get for all this trouble? He is forced to demand a trial before Caesar in order to escape the mobs that wanted to kill him. He could have been released without punishment except for the request for a trial before Caesar. Ahead lay a difficult journey to Rome and a trial for his life.

With the help of the Holy Spirit, Paul not only endured all of this, he rejoiced in it since he was sharing in the building of the Church. He also rejoiced to share in Christ's suffering. This doesn't make sense to the worldly mind but to the believer, it not only makes good sense but it encourages the believer through difficult times. Paul was experiencing the same treatment that Jesus got while doing the same work as Him - spreading the good news of salvation. Like someone who wants to be like their hero, Paul was becoming like his Savior through these hard times. That is what Jesus said would happen and that is exactly what was happening. *Acts*

❖ **How depressing it must** have been for Paul and the faithful members of the church in Corinth. Factions and immorality were tearing the church apart. So much good work and hope in the church was about to be destroyed by ego and sin.

God was not about to let this situation go unresolved. Paul was informed by messenger about the problem and he wrote two strong and instructional letters to the church. Paul also planned a visit to the church in Corinth to personally resolve the problems. *1st and 2nd Corinthians*

❖ **For the members of the church** in Galatia, the conflict which arose must have been troubling and depressing.

Jewish believers insisted that certain Jewish religious customs be followed. For the Gentile believers, this was confusing and of doubtful validity. To follow the demands of the Jewish converts was to deny Jesus and His work for salvation. Once again, people would be under the Law and doubtful of their soul's destiny.

The apostle Paul heard about this situation and sent a letter to the Galatian church telling them in no uncertain terms that this teaching was false. They were to follow the Gospel and not the Law. Only Jesus could save us from sin - the Law condemned us. This letter would prevent to soul damaging teaching of those who could not let go of their old ways.
Galatians

❖ **Paul was in prison** for preaching the good news of salvation through Jesus Christ. Anyone might think it depressing to be punished for doing something good and worthy. Most people have had a similar experience - getting hurt while doing something good.

God showed Paul how to appreciate all the little, good things so that in any situation, he could rejoice. The most joyful book of the Bible was written by Paul in prison. That book is Philippians. To read it you would think Paul was in a mansion enjoying all the good things in life. He was! Paul's mansion was his faith and God's grace and salvation were the good things. Even in the darkest corners there is light. *Philippians*

❖ **The church in Colosse** was under attack - not from without but from within. Many different philosophies were being presented as additions to the gospel and which were to be followed along with the gospel. These false teachings would pull Christian's faith from Jesus to a mixture of Jesus and various other worships. The apostle Paul had to be saddened by this attack on a church which he dearly wanted to visit but

could not since he was in prison. In today's world, there are many things which creep into our faith - just like a computer virus - and corrupt our thinking. This can lead to doubt and depression about our salvation.

Paul could take comfort in the fact that the reports he received were good and knowing the strong faith of the church in Colosse, he knew his letter would make a big difference. He also had people he could send to keep in touch with the church and to help resolve any further problems. God does provide people who can help us when we go astray. If we seek these people and listen to their wisdom, we can retain the comfort that the Bible gives. Of course, we can have all the wisdom and good advice at any time of the day or night by reading the Bible. God Himself will speak to us through His own words.

Colossians

❖ **The people of the church** in Thessalonica were confused and saddened by misunderstandings regarding the resurrection of the dead and salvation. Some even thought that Christ had already returned and they somehow “*missed*” it. This was a young church and in need of further and deeper education regarding Christian faith. This was, however, a strong and faithful church - just one that had a few vague ideas.

When depressed about matters of faith, it is always best to read the Bible to find answers. Another good resource is a minister who can give you an educated answer to your questions, doubts and fears. Whenever you are depressed, despairing or just doubtful - turn to the Bible and your minister for help. God doesn't want us to be in the dark about our salvation or hope. God has put resources in our hands to bring light to our lives. Pray for guidance and God will never fail to provide it!

1st and 2nd Thessalonians

PART 2 – The Power of Prayer

Now that you have seen that even the great people of the Bible have suffered depression and that you are not alone, what can you do? The answer is simple. It is now time to take your troubles to God. Sounds corny? Far from it!

Countless numbers of people pay professional psychologists and psychiatrists enormous sums of money to do one thing - listen to their problems and make suggestions. These professionals are human just like their patients and do not have divine powers to cure. I am not trying to say that they are not doing a lot of good for many people; I am trying to make a point. All many troubled people need is someone to listen. What better listener than God? If you have God as your doctor, He certainly has the power to cure - and at absolutely no cost to you at all. God doesn't need to see an insurance card or ask for your money. With God, it is all give and no take!

Whatever the cause of your depression - or any problem for that matter - God is a sure and powerful source of love, help and cure in this world and beyond. With so much available to you, why not reach out and receive what is reserved for you? If God was willing to sacrifice His Son, Jesus for you, don't you think He couldn't also take care of your troubles in this world as well?

When you turn to prayer, you are tapping into an infinite source of help. Read your Bible and you will see awe inspiring events that came about because someone prayed for them. God brings salvation to thousands in the face of overwhelming odds just because of prayer.

How do you go about praying for help? Simple. You don't need any special equipment or any formula to follow. The best prayers are from the heart and are just like talking to the best friend you could ever hope to have. Just say what is on your mind and in your heart keeping in mind that Jesus has opened the doors to God's heart for you. You will be heard - you must be heard because of Jesus. God cannot refuse to listen to you.

He loves you, especially since you are washed free of sin in His sight because of Jesus. You are a part of His family.

When you start to seek help for your depression you must remember that God is not like an ATM machine. You don't push a few buttons and out comes money. God may have a time schedule that you cannot see. But take comfort in this: the time you spend in prayer is time spent in therapy. The more you talk to God, the more poison you expel from your heart and soul. While you are waiting for the cure for your depression, it is actually happening, even if it is slowly. Don't give up. Even medication takes time to work and the problem comes back if you stop taking the medication. God can affect permanent cures but what a delight it is to keep going back to Him in prayer. Do you feel better? Thank God. Do you need some more help or help with a specific problem? Ask God. Are you feeling better for the first time in a long time? Give praise to God. You cannot go wrong by trusting in God!

PART 3 - Passages Useful in Dealing with Depression

These are suggested passages which may prove useful in dealing with depression (*the more specific passages for depression are in red*). In some cases the context may indicate a different kind of problem (*as in the Psalms which often deal with human enemies*) yet the passage(s) can be applied easily to a problem of depression. In some cases below, the selection is too long to copy or requires more reading than a few selected verses. In that case, a simple summary is given to help guide the reader and is placed within brackets []. All Scripture is medicine for the soul. Like medicine, it can be bitter or sweet, but it always cures because it has God's power and mercy in it.

Note also: where there are references to "my enemy" one can easily make this personal by substituting "my depression" or "my sadness" since in this application, they are the enemy.



Ecclesiastes 3:1, 4

“There is a time for everything, and a season for every activity under heaven....a time to weep and a time to laugh, a time to mourn and a time to dance.”



Ecclesiastes 7:14

“When times are good be happy: but when times are bad, consider: God has made the one as well as the other.



1st Kings 19:3, 10

“(Elijah) sat down under it (*broom tree*) and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors....I am the only one left and now they are trying to kill me too.”



Psalm 86:1-7

“Hear O Lord and answer me for I am poor and needy. Guard my life for I am devoted to you. You are my God; save your servant who trusts in you. Have mercy on me O Lord for I call on you al day long. Bring joy to your servant for to you O Lord I lift up my soul. You are forgiving and good O Lord, abounding in love to all

who call to you. Hear my prayer O Lord: listen to my cry for mercy. In the day of my trouble I will call to you for you will answer me.”



Psalm 145:13-20

“The Lord is faithful to all his promises and loving toward all he has made. The Lord upholds all those who fall and lifts up all who are bowed down. The eyes of all look to you and you give them their food at the proper time. You open your hand and satisfy the desires of every living thing. The Lord is righteous in all his ways and loving toward all he has made. The Lord is near to all who call him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them. The lord watches over all who love him but all the wicked he will destroy.”



2nd Kings 4:1-7

[A good example of how God provides for those who are depressed about financial problems.]



2nd Kings 20:3-4

[Hezekiah, a faithful king of Judah is dying. He prays to be remembered as faithful to God and weeps bitterly. God tells Hezekiah through Isaiah that He has heard

him, will heal him and give him 15 more years of life.
Judah will fall but Hezekiah will not live to see it.]



1st Chronicles 16:31, 34

“Let the heavens rejoice, let the earth be glad; let them say among the nations, “The Lord reigns!” Give thanks to the Lord, for he is good; his love endures forever.”



Ezra 3:12

“Many of the older priests and Levites and family heads, who had seen the former temple, wept aloud when they saw the foundation of this temple being laid, while many others shouted for joy.”



Ezra 9:1-15

[No sooner had the Israelites returned to Jerusalem than they started to intermarry—the cause of their problems and exile. Ezra recounts Israel’s sins in a prayer. He takes comfort that God did not punish Israel as much as He could have.



Nehemiah 1:4

[Nehemiah is distraught over the condition of the Temple and Jerusalem.] “When I heard these things, I

sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.”



Nehemiah 2:1-9

[The king of Babylon sees Nehemiah is sad and inquires why. Nehemiah tells him and the king, because of God’s intervention, sends Nehemiah to Jerusalem as governor to rebuild the city and Temple.]



Nehemiah 8:9-12

[The people are crushed under the weight of their sins and weep at the reading of the Law. A national holiday is declared and they are told to stop weeping and be joyful. They would have a chance to renew their covenant with God and be His people again.]



Nehemiah 9:9-15

[Nehemiah has a summary of the greatness of God’s love during the flight from Egypt during the Exodus. God’s providence is shown often as the cure for self-inflicted troubles.]



Job 3:1-26

[Job curses the day he was born and wishes he were dead. This is a complete sermon on deep depression. Note verses 11 and 20-21 in particular.]



Job 4:5

**“Now trouble comes to you and you are discouraged;
it strikes you and you are dismayed.”**



Job 5:7-16

[Man is born to trouble but God sees through all of man’s ways. God foils the evil and uplifts the good. This is not to say that bad things that happen to you mean you are evil. It is meant to encourage the faithful that God is not fooled and will not allow the wicked to be always successful and the downtrodden to remain in misery.]



Job 5:17-22

[God’s correction can be hurtful but it always is for the good. We may be truly depressed by our situation but God is using it as medicine for our lives. The faithful person will accept God’s correction and be much the better for it.]



Job 7:11-16

[The person in spiritual pain may lash out at God and wish for death. He despises life.] See the next passage below.



Job 10:12

**“You gave me life and showed me kindness, and in
your providence watched over my spirit.”**



Job 12:5

“Men at ease have contempt for misfortune.” This refers to those who are not suffering giving bad advice due to lack of sympathy.



Job 13:15

“Though (God) slay me, yet will I hope in him; I will surely defend my ways to his face.” This is a true believer’s attitude. Job will trust in God even if God kills him. Jesus will defend us to God the Father’s face because He gave His life for us and we will appear sinless to the Father.



Job 15:11-13

“Are God’s consolations not enough for you, words spoken gently to you? Why has your heart carried you away and why do your eyes flash so that you vent your rage against God and pour out such words from your mouth?” Even in pain we should take consolation from God’s word and learn to trust rather than rage against Him.



Job 15:20-35

[This is what sinful mankind can and should expect from God. God, however, is nothing if not an endless fount of

love and will forgive through our Savior. Depression due to worldly troubles is often merited but not fatal to our souls if we but turn to Jesus and receive His love in overflowing measure.]



Job 29:1-25

[Depression and misery make Job long for the “good old days”]



Job 30:1-31

[Job fully believes that God shuns him and heaps misery upon misery on him.]



Job 36:15-16

“Those who suffer he delivers in their suffering; he speaks to them in their affliction. He is wooing you from the jaws of distress to a spacious place free from restriction to the comfort of your table laden with choice food.”



Psalm 3:3-4

“But you are a shield around me, O Lord, my Glorious One who lifts up my head. To the Lord I cry aloud and he answers me from his holy hill.”



Psalm 4:1

“Answer me when I call to you, O my righteous God. Give me relief from my distress: be merciful to me and hear my prayer.”



Psalm 4:7-8

“You have filled my heart with greater joy than when their grain and new wine abound. I will lie down and sleep in peace for you alone, O Lord, make me dwell in safety.



Psalm 5:11

“Let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them that those who love your name may rejoice in you.”



Psalm 6:3-4

“My soul is in anguish. How long, O Lord, how long? Turn, O Lord, and deliver me; save me because of your unfailing love.”



Psalm 6:6-7a

“I am worn out from groaning; all night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow.”



Psalm 9:9-10, 12b

“The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name will trust in you, for you, Lord, have never forsaken those who seek you. He does not ignore the cry of the afflicted.”



Psalm 10

[A fine example of comfort for those who are depressed over persecution, especially verses 10-18.]



Psalm 13:2, 5-6

“How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me? But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the Lord for he has been good to me.”



Psalm 18: 2-3, 6, and 28

“The Lord is my rock, my fortress and my deliverer; my God is my rock in whom I take refuge. He is my shield and the horn of my salvation, my stronghold. I call to the Lord who is worthy of praise and I am saved from my enemies. In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him into his ears....You, O Lord, keep my lamp burning: my God turns my darkness into light.”



Psalm 19:7a

“The law of the Lord is perfect, reviving the soul.”



Psalm 19:8

“The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.”



Psalm 27:1

“The Lord is my light and my salvation - whom shall I fear? The Lord is the stronghold of my life - of whom shall I be afraid?”



Psalm 27:13-14

“I am still confident of this: I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord.” [Excellent for those who grow impatient waiting for relief from their depression]



Psalm 28:6-7

“Praise be to the Lord for he has heard my cry for mercy. The Lord is my strength and my shield; my heart trusts in him and I am helped. My heart leaps for joy and I will give thanks to him in song.”



Psalm 29:11

“The Lord gives strength to his people; the Lord blesses his people with peace.”



Psalm 30

[This entire Psalm shows the contrast between sorrow and joy]



Psalm 31:7

“I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul.”



Psalm 31:9-10

“Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief. My life is consumed by anguish and my years by groaning; my strength fails because of my affliction and my bones grow weak.”



Psalm 34:4-8

“I sought the Lord and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces never covered with shame. This poor man called and the Lord heard him; he saved him out of all his troubles. The angel of the Lord encamps around those who fear him, and he delivers them. Taste and see that the Lord is good; blessed is the man who takes refuge in him.”



Psalm 34:17-19

“The righteous cry out and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. A righteous man may have many troubles but the Lord delivers him from them all.”



Psalm 37:4

“Delight yourself in the Lord and he will give you the desires of your heart.”



Psalm 38

[Great comfort for those who are depressed over their sins]



Psalm 42:5

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God for I will yet praise him, my Savior and my God.”



Psalm 46:1

“God is our refuge and strength, an ever present help in trouble.”



Psalm 46:10

“Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”



Psalm 49:5

“Why should I fear when evil days come, when wicked deceivers surround me?” [I like to think of the wicked

deceivers as being the morals of this modern time when we are constantly told what we should be, how we should look, how we should act and what we must own - nearly all of which is very much contrary to God's word]



Psalm 50:15

“Call upon me in the day of trouble; I will deliver you and you will honor me.”



Psalm 51

[This Psalm is a truly beautiful Psalm for the brokenhearted. See especially verses 10-12 and 17 below]



Psalm 51: 10-12

“Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit to sustain me.”



Psalm 51: 17

“The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.”



Psalm 52:8-9

“I am like an olive tree flourishing in the house of God;
I trust in God’s unfailing love for ever and ever. I will
praise you forever for what you have done; in your
name I will hope, for your name is good.”



Psalm 54:4, 7a

“Surely God is my help; the Lord is the one who sustains
me. For he has delivered me from all my troubles.”



Psalm 55:1-7 (*selections*), 16-18

“Listen to my prayer, O God, do not ignore my plea;
hear me and answer me. My thoughts trouble me and
I am distraught...my heart is in anguish within
me...fear and trembling have beset me, horror has
overwhelmed me...I would flee far away.” “I call to God
and the Lord saves me. Evening, morning and noon. I
cry out in distress and he hears my voice. He ransoms
me unharmed from the battle waged against me even
though many oppose me.”



Psalm 55:22

“Cast you cares on the Lord and he will sustain you; he
will never let the righteous fall.”



Psalm 56:3-4, 10

“When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?”



Psalm 62:1-2

“My soul finds rest in God alone, my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken.” [We may become depressed or angry but in the end, God will deliver us and we will stand firm - bruised and battered perhaps but not defeated]



Psalm 62:5, 8

“Find rest, O my soul, in God alone; my hope comes from him. Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.”



Psalm 65

[God’s nurturing ways provide all of life’s needs]



Psalm 66:5

“Come and see what God has done, how awesome his works in man’s behalf.”



Psalm 66:10-12

“For you, O God, tested us; you refined us like silver. You brought us into prison and laid burdens on our backs. You let men ride over our heads; we went through fire and water, but you brought us to a place of abundance.” [God may test us but he always is abundant in his love]



Psalm 68:5-6a

“A father to the fatherless, a defender of widows is God in his holy dwelling. God sets the lonely in families, he leads forth the prisoners with singing.”



Psalm 68:19-20

“Praise be to the Lord, to God our Savior who daily bears our burdens. Our God is a God who saves; from the Sovereign Lord comes escape from death.” [A beautiful picture of Jesus who, having lived as a man, knows and bears our burdens]



Psalm 69

[An example of deep despair]



Psalm 71:20

“Who, O God, is like you? Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.”



Psalm 72:12-14

“For he will deliver the needy who cry out, the afflicted who have no one to help. He will take pity on the weak and the needy and save the needy from death. He will rescue them from oppression and violence, for precious is their blood in his sight.”



Psalm 73:16-17

“When I tried to understand all this, it was oppressive to me till I entered the sanctuary of God.” [Much help can be had by attending church - to hear God’s word and have the support of others]



Psalm 73:21-26

“When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you. Yet I am always with you; you hold me by my right hand. You guide me with your counsel and afterward you will take me into glory. Whom have I in

heaven but you? And being with you, I desire nothing on earth. My flesh and my heart may fail but God is the strength of my heart and my portion forever.” [Our weakness is God’s strength leading to eternal joy]



Psalm 77

[A good psalm for when God seems far away]



Psalm 81:6-7, 10

“He says, ‘I removed the burden from their shoulders; their hands were set free from the basket. In your distress you called and I rescued you.’ I am the Lord your God who brought you up out of Egypt. Open wide your mouth and I will fill it.”



Psalm 86:7

“In the day of my trouble I will call to you for you will answer me.”



Psalm 86:15

“But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.”



Psalm 86:17b

“For you, O Lord, have helped me and comforted me.”



Psalm 90:10, 15

“The length of our days is seventy years - or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass and we fly away. Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble.”



Psalm 91

[God’s protection is beautifully described in this Psalm. See especially verses 14-15, “Because he loves me, says the Lord, I will rescue him; I will protect him for he acknowledges my name. He will call upon me and I will answer him; I will be with him in trouble, I will deliver him and honor him.”



Psalm 94:17-19

“Unless the Lord had given me help, I would soon have dwelt in the silence of death. When I said, ‘My foot is slipping,’ your love, O Lord, supported me. When anxiety was great within me, your consolation brought joy to my soul.”



Psalm 102

[A study in depression - not advised for someone in serious trouble (*suicidal*) as it is a rather dark verbal picture]



Psalm 103

[A beautiful contrast to Psalm 102 and a delightful description of God's love]



Psalm 104:10-18

“He makes springs pour water into the ravines; it flows between the mountains. They give water to all the beasts of the field; the wild donkeys quench their thirst. The birds of the air nest by the waters; they sing among the branches. He waters the mountains from his upper chambers; the earth is satisfied by the fruit of his work. He makes grass grow for the cattle and plants for man to cultivate - bringing forth food from the earth: wine that gladdens the heart of man, oil to make his face shine, and bread that sustains his heart. The trees of the Lord are well watered, the cedars of Lebanon that he planted. There the birds make their nests; the stork has its home in the pine trees. The high mountains belong to the wild goats; the crags are a refuge for the coneys.”

[If God provides such tender care and sustenance for the wild animals, how much more will He provide for His beloved people!]



Psalm 105:3

“Glory in his holy name; let the hearts of those who seek the Lord rejoice.”



Psalm 107:13-14

“They cried to the Lord in their trouble and he saved them from their distress. He brought them out of darkness and the deepest gloom and broke away their chains.”



Psalm 113:7-8a

“He (*the believer*) will have no fear of bad news; his heart is steadfast, trusting in the Lord. His heart is secure, he will have no fear.”



Psalm 116:6-7

“The Lord protects the simple-hearted; when I was in great need, he saved me. Be at rest once more, O my soul for the Lord has been good to you.”



Psalm 116:16 (first and last lines)

“O Lord, truly I am your servant...you have freed me from my chains.”



Psalm 118:5-7

“In my anguish I cried to the Lord and he answered by setting me free. The Lord is with me; I will not be afraid. What can man do to me? The Lord is with me; he is my helper. I will look in triumph on my enemies.”



Psalm 118:18

“The Lord has chastened me severely but he has not given me over to death.”



Psalm 118:24

“This is the day the Lord has made; let us rejoice and be glad in it.” [Even in our darkest days, we must remember that God, not our troubles, is in control of our lives. Every day - good or bad - is a gift from God and we should strive to find that ray of light that He provides. Turn to God in time of trouble and the clouds will begin to break up to reveal a better day. The more you cling to God, the more light you will see.]



Psalm 119:25, 28, 32

“I am laid low in the dust; renew my life according to your word...My soul is weary with sorrow; strengthen me according to your word...I run in the path of your command for you have set my heart free.”



Psalm 119:50

“My comfort in my suffering is this: Your promise renews my life.”



Psalm 119:67-68

“Before I was afflicted I went astray, but now I obey your word. You are good and what you do is good; teach me your decrees.” [Not all affliction is bad or from Satan. God often uses affliction to turn us away from the path that leads to damnation. Correction is not pleasant but then neither is eternal damnation. Turn to God and He will save you now and forever.]



Psalm 119:74b

**“I have put my hope in your word.”
[The Bible is bursting with hope and love]**



Psalm 119:76

“May your unfailing love be my comfort according to your promise to your servant.”



Psalm 119:81

“My soul faints with longing for your salvation but I have put my hope in your word.” [Until we see God face to face, we have His word to rely on—and God’s word cannot and will not ever fail.]



Psalm 119:105, 107

“Your word is a lamp to my feet and a light for my path...I have suffered much; renew my life, O Lord, according to your word.” [A beautiful picture of light in our darkness and relief from suffering from God’s word]



Psalm 119:165

“Great peace have they who love your law, and nothing can make them stumble.”



Psalm 121

[Psalm 121 has a wonderful picture of God’s watchfulness over His people. God never sleeps and is always looking out for us]



Psalm 126

[Great joy springs from sorrow in God's workings]



Psalm 130

[From the depths of sin and sorrow come forgiveness and salvation]



Psalm 138:3, 7

“When I called, you answered me; you made me bold and stouthearted...Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your hand you save me.”



Psalm 139

[God is not blinded by our attempts to hide our sins. That should make us run to Him for forgiveness. But there is a comfort in this as well. God knows our every doubt and fear and our every depression. Furthermore, God knows just exactly what each of us needs to cure our troubles. That too, should make us run to Him.]



Psalm 142:1-3a, 6a

“I cry aloud to the Lord; I lift up my voice to the Lord for mercy. I pour out my complaint before him; before

him I tell my trouble. When my spirit grows faint within me, it is you who know my way....Listen to my cry for I am in desperate need.”



Psalm 143:4-10

“My spirit grows faint within me; my heart within me is dismayed. I remember the days of long ago; I meditate on all your works and consider what your hands have done. I spread out my hands to you; my soul thirsts for you like a parched land. Answer me quickly, O Lord; my spirit faints with longing. Do not hide your face from me or I will be like those who go down to the pit. Let the morning bring me word of your unfailing love for I have put my trust in you. Show me the way I should go, for to you I lift up my soul. Rescue me from y enemies, O Lord, for I hide myself in you. Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.” [This short quote is packed full of life saving advice. From depression to turning your thoughts to God, to thirsting for more of God’s word to the faithful soul demanding an answer from God to a desire for instruction in God’s ways to being led to level ground and safety!]



Psalm 145:14-16

“The Lord upholds all those who fall and lifts up all who are bowed down. The eyes of all look to you and

you give them their food at the proper time. You open your hand and satisfy the desires of every living thing.”



Psalm 145:18-20a

“The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them. The Lord watches over all who love him.”



Psalm 146

[A good lesson on where to put your faith and how God will cure your troubles]



Psalm 147:3

“He heals the brokenhearted and binds up their wounds.”



Psalm 149:4

“The Lord takes delight in his people; he crowns the humble with salvation.”



Ecclesiastes 2:11, 17, 20

“When I surveyed all that my hands had done and what I had toiled to achieve, everything was

meaningless, a chasing after the wind....So I hated life because the work that is done under the sun was grievous to me. All of it is meaningless, a chasing after the wind....So my heart began to despair over all my toilsome labor under the sun.”



Ecclesiastes 2: 22 - 23

“What does a man get for all the toil and anxious striving with which he labors under the sun? All his days, his work is pain and grief; even at night his mind does not rest.”



Ecclesiastes 3: 1-8

[Ecclesiastes is the “*Every Season*” poem that shows that joy and sorrow both have their time in our lives.]



Ecclesiastes 4:1-4

[The writer is so depressed, he says that the dead are better off than the living.]



Ecclesiastes 7:10

“Do not say, ‘Why were the old days better than these?’ for it is not wise to ask such questions.” [Good advice for those who think the past was great and the

future is so dismal. Often, we color our memories to hide the unpleasant thoughts.]



Ecclesiastes 9:12

“Moreover, no man knows when his hour will come: As fish are caught in a cruel net, or birds are taken in a snare, so men are trapped by evil times that fall unexpectedly upon them.” [Bad times do happen at unexpected times. God is in control of all our times.]



Isaiah 1:18

“Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.” [Depression over sin can be cured since God washes all your sins away through Jesus]



Isaiah 1:28

“Those who forsake the Lord will perish.” [If you are depressed about this, remember that the opposite is also true that those who turn to God through Jesus will have eternal life]



Isaiah 5:20

“Woe to those who call evil good and good evil.” [We do not know if evil times are from God or not and should not be quick to blame Satan. Sometimes God uses hard

times to bring us back to Him or to teach us or to strengthen our faith]



Isaiah 9:1-2

“Nevertheless, there will be no more gloom for those who were in distress. In the past He humbled the land of Zebulun and the land of Naphtali, but in the future he will honor Galilee of the Gentiles by the way of the sea, along with the Jordan—The people walking in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned.”



Isaiah 12:3a

“With joy you will draw water from the wells of salvation.”



Isaiah 25:8b

“The Sovereign Lord will wipe away the tears from all faces.”



Isaiah 30:18-26

[God wants all to turn from sin and call upon Him. He will provide good things in abundance including healing and salvation]



Isaiah 35

[Isaiah shows a beautiful picture of Jesus and the joy that will replace sorrow and despair]



Isaiah 38:15-17

“I will walk humbly all my years because of this anguish of my soul. Lord, by such things men live and my spirit finds life in them too. You restored me to health and let me live. Surely it was for my benefit that I suffered such anguish. In your love you kept me from the pit of destruction; you have put all my sins behind your back.”



Isaiah 40: 29, 31

“He gives strength to the weary and increases the power of the weak...but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”



Isaiah 41

[All believers in Jesus are the Israel spoken about in these words of great comfort]



Isaiah 48:10

“See, I have refined you, though not as silver; I have tested you in the furnace of affliction.” [God works even through bad times for our good]



Isaiah 49:13

“Shout for joy, O heavens; rejoice, O earth; burst into song, O mountains! For the Lord comforts his people and will have compassion on his afflicted ones.”



Isaiah 49:23b

“Those who hope in Me will not be disappointed.”



Isaiah 50:10b

“Let him who walks in the dark, who has no light, trust in the name of the Lord and rely on his God.”



Isaiah 51:11

“The ransomed of the Lord will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them and sorrow and sighing will flee away.”



Isaiah 51:14

“The cowering prisoners will soon be set free; they will not die in their dungeon nor will they lack bread.”



Isaiah 55:12

“You will go out in joy and be led forth in peace.” [Put your trust in God and He will lead you out of your despair]



Isaiah 57:15b

“I live in a high and holy place, but also with him who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite.”



Isaiah 57:18

“I have seen his ways (*sin*), but I will heal him; I will guide him and restore comfort to him.”



Isaiah 58

[Turn to God and follow His ways and great joy will be yours]



Isaiah 60:20

“The Lord will be your everlasting light and your days of sorrow will end.”



Isaiah 61: 1-3, 7

“The Spirit of the Sovereign Lord is on me because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release for the prisoners....to comfort all who mourn and provide for those who grieve....(to bestow)a garment of praise instead of a spirit of despair....and everlasting joy will be theirs.” [A wonderful picture of Jesus]



Lamentations 1:20

“See, O Lord, How distressed I am! I am in torment within and in my heart I am disturbed, for I have been most rebellious.”



Lamentations 2:11

“My eyes fail from weeping, I am in torment within, my heart is poured out on the ground.”



Lamentations 3:31-33

“For men are not cast off by the Lord forever, though he brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to the children of men.”



Jeremiah 6:16

“This is what the Lord says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is and walk in it and you will find rest for your souls.” [The ancient paths are God’s commands from the distant past which are still valid today. Follow Jesus’ words and walk in the true Way and God will not let your soul be in despair. God is love - walk in His path and bask in that love]



Zephaniah 3:11-12

“On that day you will not be put to shame for all the wrongs you have done to me, because I will remove from this city those who rejoice in their pride....But I will leave within you the meek and humble who trust in the name of the Lord.” [God has a special love for those who are humble and turn to Him. The proud will be humbled and the humble will be uplifted]



Matthew 8:26b

“Jesus said, ‘You of little faith, why are you so afraid?’ Then he got up and rebuked the winds and the waves and it was completely calm.” [If God can calm the forces of nature, He can calm our human nature as well]



Mark 5:36

“Don’t be afraid; just believe.”



John 12:27-28

“Now my (*Jesus*) heart is troubled and what shall I say? Father save me from this hour? No, it was for this very reason I came to this hour. Father, glorify your name!” [Jesus faces great trials but this is nothing compared to serving God the Father and the eternal joy which follows]



John 14:1

“Do not let your hearts be troubled. Trust in God; trust also in me.” [Trust in God drives out sadness and fear]



John 14:27

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”



John 16:20

“I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy.” [Especially meaningful to the believer who is depressed for spiritual reasons such as persecution]



John 16:24b

“Ask and you will receive and your joy will be complete.”



John 16:33

I have told you these things so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”



Acts 2:21

“Everyone who calls on the name of the Lord will be saved.”



Romans 5:1-5

“Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings because we know that suffering produces perseverance; perseverance character; and character, hope. And hope does not disappoint us because God has poured out his love into our hearts by the Holy Spirit.”



Romans 7:19, 5:20a, 7:24, and 8: 1

“For what I do is not the good I want to do; no the evil I do not want to do—this I keep on doing...but where sin increased, grace increased all the more...who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord...therefore there is now no condemnation for those who are in Christ Jesus because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.” [For those who are depressed about sin]



Romans 8:18

“I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.”



Romans 8:28

“We know that in all things God works for the good of those who love him, who have been called according to his purpose.” [Even sadness and depression can work for our good. If you love God, you are called, as no one can come to God unless he or she is called - let there be no mistake or question whether you are called or not. God calls us all to be His]



Romans 8:35, 37-39

“Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth nor anything else in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord.”



1st Corinthians 1:9

“God, who has called you into fellowship with his Son Jesus Christ our Lord, is faithful.” [God does not lie - He says He will help us and He will]



1st Corinthians 10:13

“No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.” [Depression, like other sins and vices, can be a temptation used by Satan to pull you away from God. Jesus is the Light in our darkness and when you are tempted to depression, turn to the Light for the way out. God is faithful]



1st Corinthians 15:50-58

[For those depressed about death or physical ailments or difficulties this passage gives wonderful hope. We will be rid of this perishable and failing flesh and be clothed in an imperishable body. No more pain or disability forever. No more death or fear of death.]



2nd Corinthians 1:3-7

[God comforts us in all of our troubles so that we can, in turn, comfort others. Trouble helps strengthen us and shows we are a part of Jesus’ kingdom. This is particularly true of suffering for the sake of our faith and the depression that can accompany this.]



2nd Corinthians 8-11

[Even the apostles despaired of their lives at times but God always delivered them.]



2nd Corinthians 4:8-9

“We are hard pressed on every side but not crushed; perplexed but not in despair; persecuted but not abandoned; struck down but not destroyed.”



2nd Corinthians 7:6a

“God, who comforts the downcast, comforted us.”
[This refers to a particular encouragement given by God but the basic truth remains in any situation.]



2nd Corinthians 7:10a

“Godly sorrow brings repentance that leads to salvation and leaves no regret.”



2nd Corinthians 8:12

“For if the willingness is there, the gift is acceptable according to what one has, not according to what he does not have.” [For those depressed about not being able to do or give more]



2nd Corinthians 12:7-10

[God's strength is made perfect in our weakness. Depression (*along with all sorts of physical and mental problems*) is a weakness of the flesh. When we reach a point of stability, we can rejoice in God's bringing us out of the darkness and pain into the light.]



Ephesians 1:3-14

[This beautiful section tells how God chose us even before the world began to be His own. It also tells of God's love and mercy towards us and how our lives are to be lived for Him. If God knew us from the beginning of time, He surely knows what we are going through now and will not let us go without His help.]



Philippians 4:4

“Rejoice in the Lord always. I will say it again: Rejoice!” [This was written by Paul while in prison lest anyone think this is easy to say when everything is going well]



Philippians 4:5-7

“The Lord is near. Do not be anxious about anything but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the

peace of God which transcends all understanding will guard your hearts and your minds in Christ Jesus.”



Philippians 4:8-9

[Paul gives excellent advice on how to look for the better, more uplifting things in life and so experience God’s peace. All too often we look for the bad things around us - and we find them. God has also filled our daily lives with wonderful things and we only have to look for them to find them and be calmer and happier.]



Philippians 4:10-13

[Paul talks about how he learned to be content in every situation and that secret is through faith. These passages are an excellent guide for those in need—real or perceived.]



2nd Thessalonians 1:5-7

“...You will be counted worthy of the kingdom of God for which you are suffering. God is just; He will pay back trouble to those who trouble you and give relief to you who are troubled.”



Hebrews 13:8

“Jesus Christ is the same yesterday and today and forever.” [Jesus never changes. His love never changes. Just as He healed countless people while on earth, He still heals and will always be there to heal—just ask for help.]



1 Peter 1:6-7

“In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith - of greater worth than gold, which perishes even though refined by fire - may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.”



1 Peter 5:6-7

“Humble yourselves, therefore, under God’s mighty hand that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.”



2 Peter 3:9

“The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance.”



1 John 1:9

“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” [For those depressed about a particular sin.]



1 John 4:16b, 18

“God is love...There is no fear in love. But perfect love drives out fear because fear has to do with punishment.”



Revelation 3:19

“Here I (*Jesus*) am! I stand at the door and knock. If anyone hears my voice and opens the door, I will go in and eat with him and he with me.”



Revelation 7:15-17

“They (*faithful Christians*) are before the throne of God and serve Him day and night in His temple; and He who sits on the throne will spread His tent over them. Never again will they hunger; never again will they thirst. The sun will not beat upon them nor any scorching heat. For the Lamb (*Jesus*) at the center of the throne will be their shepherd; He will lead them to springs of living water. And God will wipe away every tear from their eyes.”