

A black silhouette of a person walking from left to right, their head bowed and hands in their pockets, set against a background of a grey brick wall.

HOW TO DEAL WITH HOW YOU FEEL

An exploration of:
Stress, Depression, Guilt,
Anger, Grief, and Bitterness



Dealing With Depression

As the deer pants for streams of water, so my soul pants for you, my God.

² My soul thirsts for God, for the living God. When can I go and meet with God?

³ My tears have been my food day and night, while people say to me all day long, "Where is your God?"



4 These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.

5 Why, my soul, are you downcast? Why so disturbed within me?

Put your hope in God, for I will yet



praise him, my Savior and my God.

**⁶ My soul is downcast within me;
therefore I will remember you from
the land of the Jordan, the heights
of Hermon—from Mount Mizar.**

**⁷ Deep calls to deep in the roar of
your waterfalls; all your waves and
breakers have swept over me.**

⁸ By day the Lord directs His love;



**at night his song is with me—a
prayer to the God of my life.**

**9 I say to God my Rock, "Why have
you forgotten me?**

**Why must I go about mourning,
oppressed by the enemy?"**

**10 My bones suffer mortal agony
as my foes taunt me, saying to me
all day long, "Where is your God?"**



**¹¹ Why, my soul, are you downcast?
Why so disturbed within me?**

**Put your hope in God, for I will yet
praise him, my Savior and my God.**

**¹ Vindicate me, my God, and plead
my cause against an unfaithful
nation. Rescue me from those who
are deceitful and wicked.**



² You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy?

³ Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell.



**4 Then I will go to the altar of God,
to God, my joy and my delight. I
will praise you with the lyre, O
God, my God.**

**5 Why, my soul, are you downcast?
Why so disturbed within me?**

**Put your hope in God, for I will yet
praise him, my Savior and my God.**



3 epic, liberating truths:

- **Depression affects our spirit.**

"As the deer pants for streams of water, so
my soul pants for you, O God."



3 epic, liberating truths:

- **Depression affects our spirit.**

"My tears have been my food day and night."



3 epic, liberating truths:

- **Depression affects our spirit.**

"Why are you downcast, O my soul? Why so disturbed within me?"



3 epic, liberating truths:

- **Depression affects our spirit.**
 - If you are depressed, reject the thinking that you are actually distant from God.



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- **Depression affects our spirit.**

- If you are depressed, reject the thinking that you are actually distant from God.
- Spiritual problems require spiritual solutions. You must do spiritual work to adequately deal with depression!



3 epic, liberating truths:

- **Depression affects our spirit.**
- **Circumstances often aggravate depression.**



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- **Circumstances often aggravate depression.**
 - Examine your circumstances and change what you can.



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3 epic, liberating truths:

- **Circumstances often aggravate depression.**
 - Examine your circumstances and change what you can. *Be careful about making major life changes!*
 - Pray for either a change in circumstances or the ability to weather the circumstances.



3 epic, liberating truths:

- **Depression affects our spirit.**
- **Circumstances often aggravate depression.**
- **Depression is not a form of unfaithfulness and does not have to result in unfaithfulness.**



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 - You can battle depression. Do some spiritual work!



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– You can battle depression. Do some spiritual work!

- *Pray*
- *Rehearse what you know to be true*
- *Remember what God has done*



3 epic, liberating truths:

- **Depression is not a form of unfaithfulness and does not have to result in unfaithfulness.**
 - You can battle depression. Do some spiritual work!
 - Be realistic about your happiness.



My God I Thank Thee

**My God, I thank Thee,
who hast made the earth so bright,
So full of splendor and of joy,
Beauty and light;
So many glorious things are here,
Noble and right.**



My God I Thank Thee

**I thank Thee, too,
that Thou hast made joy to abound;
So many gentle thoughts and deeds
circling us round,
That in the darkest spot of earth
Some love is found.**



My God I Thank Thee

**I thank Thee more that all our joy
is touched with pain,
That shadows fall on brightest hours,
that thorns remain;
So that earth's bliss may be our
guide,
And not our chain.**



My God I Thank Thee

**For thou who knowest, Lord, how
soon our weak heart clings,
Hast given us joys, tender and true,
yet all with wings;
So that we see gleaming on high
Diviner things.**



My God I Thank Thee

**I thank Thee, Lord,
that here our souls
Though amply blessed,
Can never find, although they seek
A perfect rest;
Nor ever shall, until they lean
On Jesus' breast.**



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