

Weight of the World

Matthew 26:36-46

Depression Defined & Exemplified

- **Depression** – serious mental illness in which feelings of sadness & loss of interest lasts for weeks & interferes with everyday life (diet, sleep, work, relationships, etc.)
- **Examples**
 - Jonah 4
 - Saul, I Samuel 16
 - Job 3:2 →, 6:8-9
 - David, Psalm 32:3-4, 51:3-4, 8-9, 12, 14
 - Judas, Peter

Jesus experienced depression

- *Matthew 26:36-37*
 - “**sorrowful**” = deep emotional pain, intense pain as in childbirth
 - “**deeply distressed**” = to feel fear, lack of courage, to be full of heaviness
 - “**exceedingly sorrowful**” = to surround, be encompassed, engulfed in sorrow
 - “**even to death**” = separation from life



Hebrews 4:15

“For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.”

How do I handle it?

- **Get away v.36**
- **Keep close friends close v.37**
- **Opening up to close friends v.38**
- **Enlist intercessory prayer partnersv.38**
- **Continued communication and accountability
v.40-41, 43-45**

How do I handle it?

- **Pour my heart out to God v.39**
- **Rest & trust in God's powerful hand & sovereign plan v.39, 45-46**
- **Confession, repentance, forgiveness**
- **Change my thinking from problematic to opportunistic Philippians 4:4-8**
- **Place my hope in God Psalm 42:5**

How can I help others?

- **Be a friend**
- **Pray with and for him/her**
- **Listen and encourage**
- **Direct him/her to dependency on Christ**
- **Encourage professional, Christian, biblical counseling**
- **As you have opportunity ... minister**