



Depression (Part 2); Lessons from the Pit

Week #1 Recap - Depression: feeling stuck in a pit with no hope.

- * Wear yourself out.
- * Shut people out.
- * Focus on the negative.
- * Live with unrealistic expectations.

Lessons from the Pit:

Lamentations 3:1-14 (NIV)

I am the man who has seen affliction by the rod of the Lord's wrath. ² He has driven me away and made me walk in darkness rather than light; ³ indeed, he has turned his hand against me again and again, all day long. ⁴ He has made my skin and my flesh grow old and has broken my bones. ⁵ He has besieged me and surrounded me with bitterness and hardship. ⁶ He has made me dwell in darkness like those long dead. ⁷ He has walled me in so I cannot escape; he has weighed me down with chains. ⁸ Even when I call out or cry for help, he shuts out my prayer. ⁹ He has barred my way with blocks of stone; he has made my paths crooked. ¹⁰ Like a bear lying in wait, like a lion in hiding, ¹¹ he dragged me from the path and mangled me and left me without help. ¹² He drew his bow and made me the target for his arrows. ¹³ He pierced my heart with arrows from his quiver. ¹⁴ I became the laughingstock of all my people; they mock me in song all day long.

1. Be honest in the pit.

- Honesty about our feelings starts the liberation process.
- Our feelings are real but not fully informed.
- When God allows a pit it isn't to punish or push us away but ultimately to draw us closer. (Lamentations 3:31-33)

2. We are not alone in the pit.

Lamentations 3:15-26 (NIV)

He has filled me with bitter herbs and given me gall to drink. ¹⁶ He has broken my teeth with gravel; he has trampled me in the dust. ¹⁷ I have been deprived of peace; I have forgotten what prosperity is. ¹⁸ So I say, "My splendor is gone and all that I had hoped from the Lord." ¹⁹ I remember my affliction and my wandering, the bitterness and the gall. ²⁰ I well remember them, and my soul is downcast within me. ²¹ Yet this I call to mind and therefore I have hope: ²² Because of the Lord's great love we are not consumed, for his compassions never fail. ²³ They are new every morning; great is your faithfulness. ²⁴ I say to myself, "The Lord is my portion; therefore I will wait for him." ²⁵ The Lord is good to those whose hope is in him, to the one who seeks him; ²⁶ it is good to wait quietly for the salvation of the Lord.

3. Learn to sit in the pit. (Lamentations 3:26)

- Pits deepen when we wallow in shame, focus on blame or quickly dull the pain.
- Life's most valuable lessons are often learned in the pit.
- Sometimes in the pit God is trying to remove an idol from our lives. (Psalm 119:71; Lamentations 3:25-27)
- Sometimes God allows the pit to humble us.
- God might be teaching us compassion in the pit. (2 Corinthians 1:3-4)

4. Call to mind truth in the pit. (Lamentations 3:21; Lamentations 3:22-23)

- Depression often occurs when feelings trade seats with faith.