Dealing With Despair

Greg Kline · Philippians 4:4–13

INTRODUCTION

- Pretty much everyone deals with despair at one time or another in life.
- There are some facets of being sad of depression that need to be treated like any other problem that our bodies may have.
- God is always the answer to our problems, 100% of the time.

1 Remember What God Has Done

Philippians 4:4; 1 John 2; Genesis 1:1

- Sometimes when we're in despair, we forget that we even had a time in which we were happy.
- Rejoice in the Lord always. Again, I will say, rejoice.
- I need to wake up and remember today what God has already done for me in my life, up to and including the ability to wake up.

2 The Lord Is Near, So Pray About Everything

Philippians 4:5–6; Genesis 1:26

- Let your reasonableness be known to everyone. The Lord is at hand.
- If God is near, I am not alone, I am not stuck, and there is definitely something better waiting for me.
- Because God is near, because he does care and he does hear, I will pray to him about everything.
- Even if everybody else fails you, if your job environment fails you, if your family fails you, God will never. And he will hear you.

3 Be Filled With Thanksgiving

Philippians 4:6; Romans 1:21; Romans 5:6–10

- If I have a thankful heart, it will break through the shrouds of not only the loneliness, but to feel like the forces are out of my control.
- For although they knew God, they did not honor him as God or give thanks to him.
- We have to be filled with thanksgiving because we know God is worth giving thanks to and for.

4 Trust That God Can Do the Impossible

Philippians 4:7; Ephesians 3:20–21

- The peace of God which surpasses all understanding will guard your hearts and minds in Christ Jesus.
- Now to him who is able to do far more abundantly than all that we ask or think.
- We should never give up. We should never give in. Never take God out of the equation.

5 Fill Our Lives With God's Purposes and Others' Needs

Philippians 4:8–10; Ephesians 6

- Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.
- If we focus and proactively fill our plates, fill our hearts, fill our minds with what is good, there's less room for what is evil.
- One of the ways that we practice God's will, that we can pull ourselves out of despair, and yes, even depression is by serving God fully and focusing not on my struggles but on others' needs.
- I have to look out to help others, and I have to be willing to take help when it's offered.

6 Learn to Be Content

Philippians 4:11–13

- I have learned in whatever situation I am in to be content.
- Because he learned to trust in God. I can do all things through Christ who strengthens me.
- It certainly would help us a tremendous deal if we learned every day in despair or out of it to thank God for his tremendous blessings.

> THE CHALLENGE
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> **But you've got to trust him and take his hand when he reaches it down. If you're in the depths of despair this morning, please recognize you are not alone.**

MY NOTES