

Overcoming Depression and Discouragement - Through My Walk with God
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As I was preparing the other day for my testimony this morning, someone asked me what my testimony was about. When I told them the title was “Overcoming Depression and Discouragement” they asked if I had ever really been depressed. My first thought was, “No.” I told them that I had gone through struggles and hurts but that I don’t know if I would classify it as being depressed. I told them that it would depend on how you would define “depression.” As I continued to prepare for my testimony and as I looked up in the dictionary what the words “Depression” and “Discouragement” meant, I realized that the testimony that I am going to share with you this morning, I have experienced from going through about a 21 month “depression” period in my life that ended just this past December.

Depression – the act of humbling, sinking of spirits, dejection, a state of sadness, want of courage or animation

Discouraged – disheartened, deprived of courage or confidence, depressed in spirits, dejected

Some of things that I am going to share with you this morning are very close to my heart and is not something that is necessarily easy to be so transparent. However, I want everybody to know how awesome and how real God is to me.

“When we become broken, we are going to be a beautiful reflection of God’s grace.”

Psalm 51:17 *“The sacrifices of God are a broken spirit, a broken and a contrite heart, O God, thou wilt not despise.”*

“If I don’t get the victory, I am going to hurt everybody around me.”

When I faced probably the most difficult time in my life, the first thing I did when I got home, was to get out my Bible. I knew I needed God to speak to me.

Exodus 33:13-14

“Now therefore, I pray thee, if I have found grace in thy sight, shew me now thy way, that I may know thee, that I may find grace in thy sight: and consider that this nation is thy people. And he said, My presence shall go with thee, and I will give thee rest.”

Ezra 8:22

“...The hand of our God is upon all them for good that seek him; but his power and his wrath is against all them that forsake him.”

Psalms 86:11, 12, 17

“Teach me thy way, O Lord; I will walk in thy truth: unite my heart to fear thy name. I will praise thee, O Lord my God, with all my heart: and I will glorify thy name for evermore. Shew me a token for good; that they which hate me may see it, and be ashamed: because thou, Lord, hast holpen me, and comforted me.”

Ecclesiastes 7:3, 8

“Sorrow is better than laughter: for by the sadness of the countenance the heart is made better. Better is the end of a thing than the beginning thereof: and the patient in spirit is better than the proud in spirit.”

Psalms 138:8

“The Lord will perfect that which concerneth me: thy mercy, O Lord, endureth for ever: forsake not the works of thine own hands.”

Psalms 119:28

“My soul melteth for heaviness: strengthen thou me according unto thy word.”

Psalms 119:49-50

“Remember the word unto thy servant, upon which thou has caused me to hope. This is my comfort in my affliction: for thy word hath quickened me.”

Psalms 57:2

“I will cry unto God most high; unto God that performeth all things for me.”

Psalms 62:8

“Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah.”

John 11:4

“When Jesus heard that, he said, This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby.”