



New Hampton Community Church

September 25, 2022

“Hope in Depression”

Part 4 of “Hope for Everyday”

“Anxiety in the heart of man causes depression, But a good word makes it glad” Proverbs 12:25 NKJV

❖ Four root causes of _____

- _____
➤ _____
➤ _____
➤ _____

“I am the man who has seen affliction by the rod of his wrath. He has driven me away and made me walk in darkness rather than light; indeed, he has turned his hand against me again and again, all day long. He has besieged me and surrounded me with bitterness and hardship. He has made me dwell in darkness like those long dead. He has walled me in so I cannot escape; he has weighed me down with chains. Even when I call out or cry for help, he shuts out my prayer.

I have been deprived of peace; I have forgotten what prosperity is. So I say, “My splendor is gone and all that I had hoped from the LORD.” I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.

Lamentations 3 : 1-3 6-8 17-20

❖ Emotions are _____, But they are _____

❖ The situation may _____,

But _____, there is _____

❖ Naming your _____,
○ opens the door to . _____

➤ Don’t Make _____

or _____ based on _____

➤ Even when a situation feels hopeless;
. _____, there is _____

I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the LORD’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

Lamentations 3 :20 -21

➤ When it feels dark ; _____

➤ When it feels dark ; acknowledge : _____

I say to myself, “The LORD is my portion; therefore I will wait for him.”

The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD.

Lamentations 3:24-25

“Now when I am downcast, I will _____
