**Perception Performance 8 Depression D – Jesus and Paul** ©2018 WF Cobb Truthbase.net ***DailyTruthbase.blogspot***

**II. Causes:** **Hopeless**; meaningless/purposeless; powerless; joyless; friendless; rejected not loved-view as unworthy, all pain no gain, no fun; guilt+/-

B. **Cures**: Stabilize; Realize presence-call out for help Dt 31:6; Get rid of guilt Ps 38;51; 1Jn 1:9; Grasp grace/power Heb 4:17 1Pt 5; Renew perspective Rm 8:28 Ps 84.11, Reaffirm purpose & plan, Rekindle hope in God Ps 43:5; Identify and Express/share burden w/ God & saints Gal 6; Trust Shepherd; Walk in the Light in fllshp with God and saints. A problem well defined is well on its way to resolution -bc

Rm 15:4 whatever things were written before were written for our (applied) learning, that we thru the patience and encouragement of the Scriptures might have **hope.** 12 shall rise to reign over the Gentiles, In Him the Gentiles shall **hope**. 13 may the God of **hope** fill you with all joy and peace in believing, that you may abound in **hope** by the power of the Holy Spirit.

Isa 50:7 the Lord GOD will help Me; therefore I will not be disgraced; therefore I have set My face like a flint, and I know that I will not be ashamed...10 Who walks in darkness and has **no ligh**t? Let him trust in the name of the LORD and rely*/support* upon **his** God

**III. Biblical Successes:** The Dynamic Duo, Flint Faced warriors, endured constant rejection, yet they understood and embraced God's unique purposes/will for them, supercharged with an other-centered love, and persevering dependent prayer that enabled their hope

**G. Paul** had more reasons than everyone (except Job/Jeremiah) to despair, yet even more reasons to trust and rely on the invisible God

G1. 2Cor 1:3 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who **encourages** us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. 5 For as the sufferings of Christ abound in us, so our consolation also abounds thru Christ. 6 Now if we are afflicted, it is for your consolation and salvation, which is effective for enduring the same sufferings which we also suffer. Or if we are comforted, it is for your consolation and salvation. 8 For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life. 9 We had the sentence of death in ourselves, that we should **not trust in ourselves but in Go**d who raises the dead, 10 who delivered us from so great a death, and does deliver us; in whom we trust that He will still deliver us, 11 you also helping together in prayer for us...

G2. Acts 20:23 Holy Spirit testifies in every city, saying that chains and tribulations await me. 24 But none of these things move me; nor do I count my life dear to myself, so that I may finish my race with joy, and the ministry which I received from the Lord Jesus, to testify to the gospel of the grace of God. 29 savage wolves...21:13 What do you mean by weeping and breaking my heart?I am ready not only to be bound, but also to die at Jerusalem for the name of the Lord Jesus.  *APP Are you ready to die for Christ? Live 4 Him?*

G3. 2Cor 6:9 dying yet we live on 10 sorrowful, yet always rejoicing 4:7 treasure in earthen vessels, that the excellence of the power may be of God and not of us. 8 hard-pressed on every side, yet not crushed; perplexed, but not in despair; 9 persecuted, but not forsaken; struck down, but not destroyed 11 For we who live are always delivered to death for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh. 13 believe 14 knowing that He who raised up the Lord Jesus will also raise us up with Jesus, and will present us with you. 15 all things are for your sakes 16Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. 17 For our momentary light affliction is working for us a far more exceeding and eternal weight of glory, 18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but things which are not seen are eternal*. APP What u look'm at?*

G4. Phil 1:20 acc to my earnest expectation and hope that in nothing I shall be ashamed, but with all boldness, as always, so now also Christ will be magnified in my body, whether by life or by death. 21 For to me, to live is Christ, and to die is gain. 23 I am hard-pressed between the two, having a desire to depart and be with Christ, which is far better. 24 Nevertheless to remain in the flesh is more needful for you. 25 being confident of this, I know that I shall remain and continue with you all for your progress and joy of faith

2Tim 1:12 For this reason I also suffer these things; nevertheless I am not ashamed, for I know whom I have believed and am persuaded that He is able to keep what I have committed to Him until that Day  *APP what have you committed and entrusted to God?*

**H. Jesus** *a man of sorrows, and acquainted with grief" Isa 53:3* sweat drops of blood *Lk 22:44* Prayed and asked His friends to pray as well.

H1. Mk 14:34 My soul is exceedingly sorrowful, even to death. Stay here and watch 35 He went a little farther, and fell on the ground, and prayed that if it were possible, the hour might pass from Him. 36 "Abba, Father, all things are possible for You. Take this cup away from Me; nevertheless, not what I will, but what You will." 37...found them sleeping, said to Peter, "Simon, are you sleeping? Could you not watch one hour? 38 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."

Pour out heart; Realize God can change things; Align your will with the Father's; Yield yourself to do His *(good pleasing perfect)* will

H2. Ps 34:18 LORD is close to the brokenhearted & saves those who are crushed in spirit. *APP Do you sense God's closeness when u pray?*

Heb 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. 16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need

H3. Heb 12:1 we also, since we're surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us 2 looking unto Jesus, the author and perfecter of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

3 For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.

4 You have not yet resisted to bloodshed, striving against sin. 5 And you have forgotten the exhortation that speaks to you as sons...

**Questions for Reflection/Discussion/Response:** 1. How can you take/appropriate the “cures” up top by prayer (every day)?

2. What is your purpose for living, and how committed are you to it? How have you equipped yourself to help yourself and others?

3. How does obedience (loving God and others and resultant other-centeredness), keep our focus off our pain and on our purpose?

4. How does being mindful of Jesus and God's promises and those who stake their lives on His promises give purpose to our pain?

5. What have you committed to God for safe keeping (Power:security-significance/Pleasure/Possessions)? Can you trust Him with that?