



**YOU
ASKED
FOR IT**



“You Are My Help”





“You Are My Help”



Depression

ANTI-SOCIAL
Grief
Manic
Fatigue
Therapy
Medication
Expression
Restless
SAD
DOCTOR
MENTAL
Health
Hopeless
Mood
Emotion
Behavior
Gloominess
Sadness
ANXIOUS
Disorder
Suicide
HELPLESS
Worthless
Excessive sleeping
IRRITABLE
Despair
Misery
Crying
Insomnia
Ashamed
Sorrow
Melancholy
Despondency

We can MARGINALIZE it



“You Are My Help”



We can MARGINALIZE it

Matthew 11:28 – “Come to me, ALL who labor and are heavy laden, and I will give you rest.”



“You Are My Help”



We can MINIMIZE it



“You Are My Help”



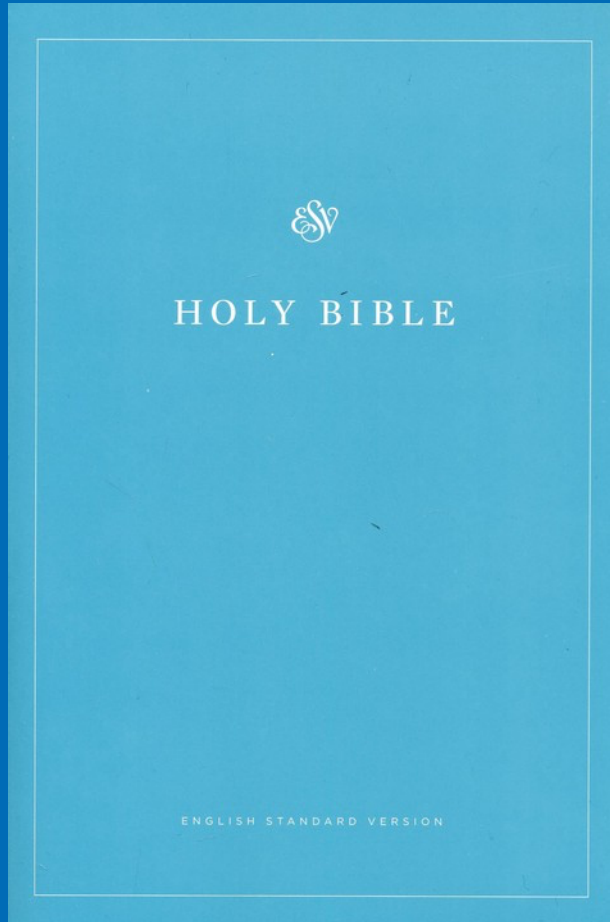
We can MINIMIZE it

Romans 12:15 – “Rejoice with those who rejoice,
and weep with those who weep”



“You Are My Help”





Psalm

40:1-17

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“You Are My Help”



An acknowledgement of despair



“You Are My Help”



A spirit of dependence



“You Are My Help”



A hope of deliverance



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MOSES



“You Are My Help”



MOSES

Numbers 11:14-15 – “I am not able to carry all this people alone; the burden is too heavy for me. If you will treat me like this, kill me at once, if I find favor in your sight, that I may not see my wretchedness.”



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MOSES

Number 11:16-17 – “Then the Lord said to Moses, “Gather for me seventy men of the elders of Israel, whom you know to be the elders of the people and officers over them, and bring them to the tent of meeting, and let them take their stand there with you. And I will come down and talk with you there. And I will take some of the Spirit that is on you and put it on them, and they shall bear the burden of the people with you, so that you may not bear it yourself alone.”



“You Are My Help”



JOSHUA



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JOSHUA

Joshua 7:8-9 – “O Lord, what can I say, when Israel has turned their backs before their enemies! For the Canaanites and all the inhabitants of the land will hear of it and will surround us and cut off our name from the earth. And what will you do for your great name?”



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ELIJAH



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ELIJAH

1 Kings 19:4 – “But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, “It is enough; now, O Lord, take away my life, for I am no better than my fathers.”



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ELIJAH

1 Kings 19:7-8 – “And the angel of the Lord came again a second time and touched him and said, “Arise and eat, for the journey is too great for you.” And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.”



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JOB



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JOB

Job 3:1 – “After this Job opened his mouth and cursed the day of his birth.”



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JOB

Job 3:1 – “After this Job opened his mouth and cursed the day of his birth.”

Job 42:10 – “And the Lord restored the fortunes of Job, when he had prayed for his friends. And the Lord gave Job twice as much as he had before.”



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JONAH



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JONAH

Jonah 4:9-11 – “But God said to Jonah, “Do you do well to be angry for the plant?” And he said, “Yes, I do well to be angry, angry enough to die.” And the Lord said, “You pity the plant, for which you did not labor, nor did you make it grow, which came into being in a night and perished in a night. And should not I pity Nineveh, that great city, in which there are more than 120,000 persons who do not know their right hand from their left, and also much cattle?”



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JESUS



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Isaiah 53:3

He was despised and forsaken of men,

**A MAN OF
SORROWS**

and acquainted with grief.

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“You Are My Help”



The image shows the front cover of a light blue Holy Bible. At the top center is a small, ornate logo. Below it, the words "HOLY BIBLE" are printed in a serif font. At the bottom center, in a smaller font, it says "ENGLISH STANDARD VERSION".

HOLY BIBLE

Matthew

26:36-45

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“Six Ways Jesus Fought Depression” (John Piper)

- 1. He chose some close friends to be with him.**
- 2. He opened his soul to them.**
- 3. He asked for their intercession and partnership in the battle.**
- 4. He poured out his heart to his Father in prayer.**
- 5. He rested his soul in the sovereign wisdom of God.**
- 6. He fixed his eye on the glorious future grace that awaited him on the other side of the cross.**



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**RATIONAL
EMOTIONAL
SPIRITUAL
PHYSICAL**



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