

Life Applications

THE CALM LOOK OF FROZEN RAGE

Psalm 42:5-7, 3; 2 Cor 4:7-9

25 May 2014

How do the passages above express a similar sentiment? How does Jesus sharpen the focus of that sentiment in the 2 Corinthians passage?

Some groups in the Christian world insist that if we are in the Spirit we will always be 'up'. Why don't David and Paul insist on being 'up' all the time? Why is that an unbiblical notion?

Why does depression often follow on the heels of successes, like Elijah in 1 Kings 19?

Why is depression over an actual wrong-doing ok? What can be learned and gained from it (2 Sam 12:14-23)?

What are the positive benefits of an introspective, sensitive personality that is naturally more prone to depression? How can the Lord use that?

Why are proper rest, food, body care, and time with other people good preventatives for depression (1 Tim 5:23)?

Why did Jesus, the Son of God, so often leave everyone to go and pray? Why was He so sorrowful in the Garden, knowing the outcome? Why did He weep at Lazarus' funeral, knowing he would be raised?

How can we help others who are depressed? How can we let others help us when we are depressed? When do we need to seek professional help?
