

## A SENSE OF HOPELESSNESS...

One of the most painful things about depression is the repetitious nature of it. When we get depressed over and over we often lose sight of the big picture of our life and all we see are the parts that are filled with depression. We start thinking the major part of our life is in depression. We start thinking our life is hopeless – worthless.

- Have you ever experienced those feelings?

When we're deeply depressed it's hard to think our life will ever be happy again. It's hard to believe a normal life is possible. If we could then only see the big picture of our life, including all the good times, including all the good we've done, including all the happiness we've felt, and most of all knowing how we are loved. But it's the nature of depression to see only the bad.

David understood this feeling well and in Psalm 30:4-7 comforts us when he wrote:

*Sing to the Lord, you saints of his; praise his holy name.  
For his anger lasts only a moment, but his favour lasts a lifetime;  
Weeping may remain for a night, but rejoicing comes in the morning.*

*When I felt secure, I said, "I will never be shaken.  
O Lord, when you favored me, you made my mountain stand firm;  
But when you hid your face I was dismayed.*

- What do you think we could do with such feelings of hopelessness?
- Who can you talk to who would be understanding?
- What kind of strategies can we employ to keep a sense of hopelessness from setting in?

A favourite passage of a friend of mine is Isaiah 43:1-5:

<sup>1</sup> *But now, this is what the LORD says—  
he who created you, O Jacob,  
he who formed you, O Israel:  
"Fear not, for I have redeemed you;  
I have summoned you by name; you are mine.*

<sup>2</sup> *When you pass through the waters,  
I will be with you;  
and when you pass through the rivers,  
they will not sweep over you.  
When you walk through the fire,  
you will not be burned;  
the flames will not set you ablaze.*

<sup>3</sup> *For I am the LORD, your God,  
the Holy One of Israel, your Savior;  
I give Egypt for your ransom,  
Cush and Seba in your stead.*

<sup>4</sup> ***Since you are precious and honored in my sight,  
and because I love you,**  
I will give men in exchange for you,  
and people in exchange for your life.*

<sup>5</sup> ***Do not be afraid, for I am with you;**  
I will bring your children from the east  
and gather you from the west.*