



“My Soul’s Dark Night”

Pastor Jody Mayes

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Depression—A feeling of _____ or _____.

Some depression is _____.

Some depression is _____.

Why do we sometimes get depressed?

1. _____
2. _____
3. _____
4. _____

Some depression is _____.

I waited patiently for the Lord to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing, a hymn of praise to our God. Many will see what He has done and be amazed. They will put their trust in Lord.
Psalm 40:1-3 NLT

Benefits of Depression:

- It is God’s way to _____ us.
- It draws us back to _____.
- I learn to have _____ and _____ for others.

“I would go into the deeps a hundred times to cheer a downcast soul. It is good for me to be afflicted that I may know how to speak a word in season to one that is weary.” Charles Spurgeon

- It reminds me God uses me in my _____.

“The first qualifications for serving God with any amount of success and for doing God’s work well and triumphantly is a sense of my own weakness. God will not go forth with a man that goes in his own strength.” Charles Spurgeon

Further Reading

Unmasking Male Depression by Archibald Hart, *Dark Clouds, Silver Lining* by Archibald Hart, *Lincoln’s Melancholy* by Shenk, *Bright Days, Dark Nights with Charles Spurgeon* by Skoglund