

GRACE WINS!
Over Despondency

“I have no hesitation in asserting that one of the reasons why the Christian Church counts for so little in the modern world is that so many Christians are in this condition of spiritual depression. The greatest need of the hour is a revived and joyful church. Unhappy Christians are, to say the least, a poor recommendation of the Christian faith.”

Martyn Lloyd Jones

“There are certain people who are more prone to depression in a natural sense than others... Though we are converted and regenerated, our fundamental personality is not changed. The result is that the person who is more given to depression than another person before conversion, will still have to fight that after conversion.”

Martyn Lloyd Jones

“My spirits were sunken so low that I could weep by the hour like a child, and yet I knew not what I wept for. Causeless depression cannot be reasoned with, nor can David’s harp charm it away by sweet discourings. As well fight with the mist as with this shapeless, undefinable, yet all-beclouding hopelessness...The iron bolt which so mysteriously fastens the door of hope and holds our spirits in gloomy prison, needs a heavy hand to push it back.”

Charles Haddon Spurgeon

“Despondency is not a virtue; I believe it is a vice. I am heartily ashamed of myself for falling into it, but I am sure there is no remedy for it like a holy faith in God.”

Charles Spurgeon

“My God, my God, why have you forsaken me? Why are you so far from my deliverance and from my words of groaning? My God, I cry by day, but you do not answer, by night, yet I have no rest... I am poured out like water, and all my bones are disjointed; my heart is like wax melting within me. My strength is dried up like baked clay; my tongue sticks to the roof of my mouth. You put me into the dust of death.”
David, King of Israel (Psalm 22)

“I have had enough! Lord take my life for I am no better than my Fathers.”
Elijah, the Prophet of God

“My soul is swallowed up in sorrow, to the point of death.”
Jesus Christ

GRACE WINS OVER DESPONDENCY

David fought back with grace.

Psalm 19:7

Psalm 23:3

Psalm 16:11

Psalm 30:5

Psalm 73:26

Paul fought back with grace

2 Cor. 12:7-10

Jesus gives the example of fighting back with grace.

- 1. He chose some close friends to be with him. (Matt. 26:37)**
- 2. He opened his soul to them. (Matt. 26:38)**
- 3. He asked for their intercession and support. (Matt. 26:38)**
- 4. He pour out his heart in prayer. (Matt. 26:39)**
- 5. He rested in the sovereign wisdom of God. (Matt. 26:39)**