

## **Scripture References for the sermon, What Lies Beneath Depression January 13, 2019**

Lamentations 3:1-33

3 I am the man who has seen affliction by the rod of the Lord's wrath. 2 He has driven me away and made me walk in darkness rather than light; 3 indeed, he has turned his hand against me again and again, all day long.

4 He has made my skin and my flesh grow old and has broken my bones. 5 He has besieged me and surrounded me with bitterness and hardship. 6 He has made me dwell in darkness like those long dead.

7 He has walled me in so I cannot escape; he has weighed me down with chains. 8 Even when I call out or cry for help, he shuts out my prayer. 9 He has barred my way with blocks of stone; he has made my paths crooked.

10 Like a bear lying in wait, like a lion in hiding, 11 he dragged me from the path and mangled me and left me without help. 12 He drew his bow and made me the target for his arrows.

13 He pierced my heart with arrows from his quiver. 14 I became the laughingstock of all my people; they mock me in song all day long. 15 He has filled me with bitter herbs and given me gall to drink.

16 He has broken my teeth with gravel; he has trampled me in the dust. 17 I have been deprived of peace; I have forgotten what prosperity is. 18 So I say, "My splendor is gone and all that I had hoped from the Lord."

19 I remember my affliction and my wandering, the bitterness and the gall. 20 I well remember them, and my soul is downcast within me. 21 Yet this I call to mind and therefore I have hope:

22 Because of the Lord's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness. 24 I say to myself, "The Lord is my portion; therefore I will wait for him."

25 The Lord is good to those whose hope is in him, to the one who seeks him; 26 it is good to wait quietly for the salvation of the Lord. 27 It is good for a man to bear the yoke while he is young.

28 Let him sit alone in silence, for the Lord has laid it on him. 29 Let him bury his face in the dust—there may yet be hope. 30 Let him offer his cheek to one who would strike him, and let him be filled with disgrace.

31 For no one is cast off by the Lord forever. 32 Though he brings grief, he will show compassion, so great is his unfailing love. 33 For he does not willingly bring affliction or grief to anyone.

Jeremiah 38:6

<sup>6</sup>So they took Jeremiah and put him into the cistern of Malkijah, the king's son, which was in the courtyard of the guard. They lowered Jeremiah by ropes into the cistern; it had no water in it, only mud, and Jeremiah sank down into the mud.

Psalms 42:5

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

2 Corinthians 5:7

<sup>7</sup>For we live by faith, not by sight.

Romans 8:28

<sup>28</sup>And we know that in all things God works for the good of those who love him, who <sup>U</sup>have been called according to his purpose.

Romans 12:2

<sup>2</sup>Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Psalm 27:13

I remain confident of this: I will see the goodness of the LORD in the land of the living.

Psalm 30:8-10

To you, Lord, I called; to the Lord I cried for mercy:

<sup>9</sup> “What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness?

<sup>10</sup> Hear, Lord, and be merciful to me; Lord, be my help.”

Matthew 11:28

“Come to me, all you who are weary and burdened, and I will give you rest.”

Matthew 6:22-23

“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness.”

Psalm 121:1-2

I lift up my eyes to the mountains—where does my help come from? <sup>2</sup> My help comes from the LORD, the Maker of heaven and earth.