

Sermon ~ Sunday, October 4, 2020

Text: Matthew 11: 28

KJV – “Come unto ME all ye that labor and are heavy laden, and I will give you rest.”

Title: Where to Go when Depressed!

The term *depression* is loosely used... I’m depressed... Monday morning blues... Masochistic blow-out... Webster defines it as *gloomy, dejected, sad, discouraged, despondent, feelings of inadequacy*. The BIBLE speaks of *depression*... Greek words such as, “*tapeinous*,” meaning *lowly, cast down, brought low* (2 Corinthians 7: 6). Another, “*exaporeomai*,” from ‘*ek*’ meaning *out of* and *poreuomai*, meaning *way through*; in other words, *no way through, no hope, despairing*.

Some **BIBLICAL** examples are,

--**Jonadab** an adviser to David’s brother, Ammon. Jonadab asked Ammon,

“Why are you so *depressed* morning after morning?” (2 Samuel 13: 4)

--**Job**. Read Job 7: 3-11... in verse 6, he is “*without hope*”; in verse 8, he thinks “**GOD doesn’t care**”; in verse 11, he’s filled with “*bitterness*.”

--**JESUS?** – Matthew 26: 37, “**HE** took Peter and the two sons of Zebedee along with **HIM**, and **HE** began to be *sorrowful* and *troubled*—that is, “*desperately depressed*”.

The Greek word is *ademeneo*, meaning “*to be filled, glutted with anguish; heaviness of heart and emotional concern*.”

Some specific symptoms of depression are:

1. *Long—lasting sadness or irritability*
2. *Extremely high and low moods*
3. *Excessive fear, worry, anxiety*
4. *Social withdrawal*
5. *Dramatic changes in eating and sleeping habits*

Where to Go when Depressed!

This is all understandable for those who have no relationship with **GOD through CHRIST JESUS!**

This is all understandable for those whose fellowship with **GOD through CHRIST JESUS** is broken!

This is all understandable for those who are *sinners*, outside the world where **JESUS CHRIST is LORD!**

After all, a *sinner* does not have *in* him or her, that **SOMEBODY, WHO** causes them to be *positioned*. Over and over again, **The BIBLE** says, the *sinner* has no life, no **GOD**, no *Salvation*, no *Hope*. That’s why **The BIBLE** teaches, “Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? And what communion hath light with darkness.” (2 Corinthians 6: 14)

But on the other hand, because *I know* **GOD** and **GOD** *knows me*, I have **SOMEBODY** *within* me to keep me *positioned*. **HE** makes me *'keep on keeping on.'* When all *'LLEH'* breaks out (and it's breaking out), my anchor holds and grips **The Solid ROCK!!!**
I can answer the question, How are you getting alone? I can say, where I've been and where I go!

Where to Go when Depressed!

DON'T GO TO, your *mailbox*; thinking you want get *depress*. Please, **GO** to get your bills! They are waiting for you to pick them up and pay them. It's real, 'Every company in town is after you—the Light Co.; Gas Co., Cable Co.; Phone Co., Insurance Co., oh yeah, Car Deal-a-ship! They want it, just as bad as you.

DON'T GO TO, your *Friends*; thinking you want get *depress*. I didn't know so many people, knew George Floyd, Rayshard Brooks, Breonna Taylor, like that (that is, they don't want to go to work, go to school, seek **GODLY WISDOM** and advice, to combat *'spiritual wickedness in high places.'*

DON'T TURN TO Social Media, CNN, FOX News, nor the Cell Phones... they can make you *depress!* Make you say, "What's the use?" "I'm just gonna end it all." **BUT**, there's another part of just ending it all: Don't forget, you've got to face it all in Eternity! It's a lie from Hell, that is, 'When I'm done, I'm done.'

The BIBLE *teaches*, as soon as you have stopped breathing in this world, you'll awaken in Eternity. There you'll be called to stand and explain why you couldn't trust **GOD!**

Where to Go when Depressed!

It's written in "**RED**" in my **BIBLE**, that means **JESUS** *is speaking...* **JESUS** *is speaking* to **HIS** *disciples...* (Yea, *Salvation first—saved; you must be born-again, regenerated, created new.* Then, *discipleship—a follower of JESUS, listener of JESUS' teachings, living HIS truths*, so you can know what to do; *trusting JESUS*, knowing **The Truth of HIS WORDS** makes you free; *obeying JESUS*, watching **HIM** *bless* others, as **HE** *blessed* you. Followed by *Service*. *Serving The LORD* will pay-off after a while. And the benefits now, aint to shabby!!!

Where to Go when Depressed!

--"Come unto **ME...**" **JESUS** is saying, remember I pursued you, to save you. Remember, you had gone astray, you were lost, you were as a sheep without a Shephard, you wandered off into a far country, you had eyes but could not see, ears but could not hear, your heart and head were hard, but I found you. (*Amazing GRACE* how sweet the sound, that saved a wretch like me!)

Remember, the problem was that you were “*laden and heavy laden.*” *Sin(s)* had *enslaved* you. You were *working so hard*, but putting your earnings in ‘bags that had holds in them.’ Laboring, paying rent, but had nothing to show for it. So, burden down that the *load* was too hard to bear.

JESUS said, and is saying, “I will give you rest.” *Salvation* brings many *blessings*.

One is, ‘rest’ from the toils and burdens of this *sinful* world.

JESUS said, and is saying, “Come unto **ME** . . . I will give...” **CHRIST** is **The ONE WHO saves**.

‘Give’ emphasizes **G.R.A.C.E.**—**GOD’S** Riches **At** **CHRIST** Expense!

“For **GOD** so loved the world that **HE** gave **HIS** only begotten **SON**, that whosoever believeth in **HIM** should not perish, but have everlasting life.” (John 3: 16)

LISTEN to JESUS...

--“Take **MY YOKE** upon you...” You can say to this old world as much as you please, ‘take your knee off of my neck!’ *I’m a living witness*, it only assures this world, that it has me down; in the dumps; *depressed* with all its *depressions*. That’s the Devil’s yoke of *sin(s)*. It’s much heavier and trying loads and labors, than **GOD’S YOKE**.

--“Take **MY YOKE** upon you, and learn of **ME**.” One of the greatest compensations of *servicing* **CHRIST** is, that *service* increases our *spiritual learning*. When you allow yourself to be *spiritually ignorant*, you will have nothing to do, but think of how *depressed* you are.

--“**I AM** meek and lowly *in heart*.” See **JESUS** example of *service*. “Meek and lowly *in heart*.” This says, our *service* *must* be done with *humility*. If you can’t take *orders* from **GOD**, you can rest assured, the results will be a lack of *service with* **GOD**!

--“Ye shall find rest unto your souls.” **CHRIST** is a good **MASTER**; **HE** is *no slave driver*. Therefore, **HIS YOKE** is a contrast to *the yoke of sin(s)*. **CHRIST** gives rest to the worker; *sin* does not. And it is the best rest of all, for it is *soul rest*! But the *yoke of sin(s)* gives no rest. “The wicked are like the troubled sea, when it cannot rest.” (Isaiah 57: 20)

--“**MY YOKE** is easy, and my burden is light.” In contrast to the *yoke of sin(s)*, **The YOKE of service with** **CHRIST** is easy and light. *Servicing* **CHRIST** is not a heavy burden but a *Blessed burden*. Yes, we can become weary *in* **HIS service**, but we should not ever be weary of **HIS service**. And when we are weary *in* **HIS service**, we will find that **HE** gives “rest unto your souls.” *Sin(s)*, however, gives no rest.

Where to Go when Depressed!

It Good To Know JESUS

It's good to know **JESUS**, it's good to know **JESUS**,
(**HE'S** The Lilly of the Valley; A Bright and Morning Star)
It's good to know **The LORD!**

I came to **JESUS** just as I was, I was weary, wounded, and sad;
I've found in **HIM** a resting place, and **HE** has made me glad.

It's good to know **JESUS**, it's good to know **JESUS**,
(**HE'S** The Lilly of the Valley; A Bright and Morning Star)
It's good to know **The LORD!**

I Love **The LORD**, **HE** heard my cry, and **HE** pitied every groan.
'Long as I live while trouble rise, I'll hasten to **HIS Throne**.

It's good to know **JESUS**, it's good to know **JESUS**,
(**HE'S** The Lilly of the Valley; A Bright and Morning Star)
It's good to know **The LORD!**

It's good to know **HIM**,
It's good to know **The LORD!**

Oh, it's good to know **HIM**,
It's good to know **The LORD!**

Oh, it's good to know **HIM**,
It's good to know **The LORD!**

Oh, it's good to know **HIM**,
It's good to know **The LORD!**

Where to Go when *Depressed!*

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