

Teaching Outline

Series: Jesus Cares

When We Are Sad

1 Sam 1:1-18 (NLT)

¹ There was a man named Elkanah who lived in Ramah in the region of Zuph in the hill country of Ephraim. ... ² Elkanah had two wives, Hannah and Peninnah. Peninnah had children, but Hannah did not. ³ Each year Elkanah would travel to Shiloh to worship and sacrifice to the LORD of Heaven’s Armies at the Tabernacle. The priests of the LORD at that time were the two sons of Eli—Hophni and Phinehas. ⁴ On the days Elkanah presented his sacrifice, he would give portions of the meat to Peninnah and each of her children. ⁵ And though he loved Hannah, he would give her only one choice portion because the LORD had given her no children. ⁶ So Peninnah would taunt Hannah and make fun of her because the LORD had kept her from having children. ⁷ Year after year it was the same—Peninnah would taunt Hannah as they went to the Tabernacle. Each time, Hannah would be reduced to tears and would not even eat. ⁸ “Why are you crying, Hannah?” Elkanah would ask. “Why aren’t you eating? Why be downhearted just because you have no children? You have me—isn’t that better than having ten sons?”

⁹ Once after a sacrificial meal at Shiloh, Hannah got up and went to pray. Eli the priest was sitting at his customary place beside the entrance of the Tabernacle. ¹⁰ Hannah was in deep anguish, crying bitterly as she prayed to the LORD. ¹¹ And she made this vow: “O LORD of Heaven’s Armies, if you will look upon my sorrow and answer my prayer and give me a son, then I will give him back to you. He will be yours for his entire lifetime, and as a sign that he has been dedicated to the LORD, his hair will never be cut.” ¹² As she was praying to the LORD, Eli watched her. ¹³ Seeing her lips moving but hearing no sound, he thought she had been drinking. ¹⁴ “Must you come here drunk?” he demanded. “Throw away your wine!” ¹⁵ “Oh no, sir!” she replied. “I haven’t been drinking wine or anything stronger. But I am very discouraged, and I was pouring out my heart to the LORD. ¹⁶ Don’t think I am a wicked woman! For I have been praying out of great anguish and sorrow.” ¹⁷ “In that case,” Eli said, “go in peace! May the God of Israel grant the request you have asked of him.” ¹⁸ “Oh, thank you, sir!” she exclaimed. Then she went back and began to eat again, and she was no longer sad.

Depression is a disturbance in mood characterized by varying degrees of sadness, disappointment, loneliness, hopelessness, self-doubt, and guilt.

Symptoms of Depression:

- Appetite disturbance
- Sleep disturbance
- Lowered frustration tolerance
- Loss of energy
- Crying that starts easily and is hard to stop
- Cognitive difficulties

- Mood swings
- Difficulty enjoying activities or finding pleasure in one’s usual interests or hobbies
- Loss of hope, despair, wanting to end it all

Key Points to Remember:

- 1 – Do not confuse depression with spiritual weakness.
- 2 - Don’t equate depression with unconfessed sin.
- 3 – satan wants you to be discouraged.

Causes of Depression:

- Prolonged loneliness, sadness, or hopelessness
- Imbalances in lifestyle and priorities
- Refusal to accept limitations
- Perfectionism, chronically dissatisfied
- Low self-esteem is a vulnerability
- Unresolved anger or stress
- Prolonged feelings of helplessness, powerlessness
- Prolonged periods of uncertainty or instability

Steps to Overcome Depression:

- _____ that Jesus really does care!
- Pray to God about the things that are _____ you _____.
- Use prescribed medications to _____ your body’s chemistry.
- Stay relationally _____.
- Tend to _____ needs.
- _____ the underlying causes to your depression.
- Seek _____.
- _____ God’s goodness.

Romans 8:28 (NLT) And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.