

Matthew 26:42,
44

5. Jesus “_____”
and received strength from God.

Matthew 26:45,
46

45 Then cometh he to his disciples, and saith unto them, Sleep on now, and take your rest: behold, the hour is at hand, and the Son of man is betrayed into the hands of sinners. 46 Rise, let us be going: behold, he is at hand that doth betray me.

6. Jesus faced His crisis and took _____ in God’s strength.

UNDERSTANDING VALLEYS

Dr. Mike Wells, Pastor, Wednesday Evening, February 8, 2012

MARK 14:33 “*And he taketh with him Peter and James and John, and began to be sore amazed, and to be very heavy.*”

MATTHEW 26:37 “*And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy.*”

The Valley of Depression

Causes of Depression:

1. A _____ change.
 - a. Sometimes, we just get caught up in the maddening pace of life.
 - b. Sometimes, things that are supposed to make our lives easier only add to our stress.
 - c. Sometimes, our depression is brought on by physical exhaustion.
 - d. Sometimes, illness will cause depression.
 - e. Sometimes, we make the mistake of searching for an emotional or spiritual cause for

1 Kings 18-19

Psalms 88:15, 18
I am afflicted and ready to die from my youth up: while I suffer thy terrors I am distracted. Lover and friend hast thou put far from me, and mine acquaintance into darkness.



**Ecclesiastes
12:1-8**

*Some people
suffer from
"stink'n
think'n"!*

Ruth 1:20
*And she said
unto them, Call
me not Naomi,
call me Mara: for
the Almighty
hath dealt very
bitterly with me.*

our depression instead of looking for a physical cause.

2. A _____
change.

- a. The aging process can bring physical pains and a sense of loss.
- b. A sense of loss comes in all kinds of shapes and sizes and happens in many different ways. Yours may seem small when compared to someone else's.

3. An _____ or
circumstance change.

4. Poor _____ concept.

- a. People are unhappy with themselves because of poor self-concept or self-esteem.
- b. A healthy self-concept is made up of three things:
 - 1) Your sense of _____.
 - 2) Your sense of _____.
 - 3) Your sense of _____.

5. Spiritual warfare and
_____.

Mark 14:33
*And he taketh
with him Peter
and James and
John, and began
to be sore
amazed, and to
be very heavy;*

**Matthew 26:36,
37**

Galatians 6:1-3

Matthew 26:38
*Then saith he
unto them, My
soul is exceeding
sorrowful, even
unto death:
tarry ye here,
and watch with
me.*

Matthew 26:39

Psalms 18:6

**Matthew 26:40-
44**

- a. Another name for this kind of depression is guilt.
- b. Perhaps the most overlooked cause of depression.
- c. Satan will use this and other causes try to beat you down.

Six Steps to Climb Out of the Valley of Depression:

1. Jesus did not _____ Himself.
2. Jesus did not put on a _____ and pretend everything was okay.
3. Jesus _____ and was honest with God.
4. Jesus did not get trapped into _____ others who could not understand or bear His burden.