

Are you experiencing any of these four causes of spiritual depression? What corrections must you make to deal with your depression?

- Physical depletion.
- Spiritual defeat.
- Personal despair.
- Anger toward God.

Have you ever tried to medicate a spiritual problem? What is the only remedy for sin?

Do you have any of these five signs you might be mad at God?

1. You can't pray or praise.
2. You can't stand to be around happy people. You isolate yourself. You've stopped going to small group or church.
3. You stopped serving him...but you still expect God and others to serve you.
4. You spew anger on the people closest to you.
5. You try to numb your pain through substance, sex, or stuff.

What happened to spark your anger at God?

1. God withheld something you wanted.
2. God removed something you had.
 - Position - job, ministry, leadership role
 - Possession – money, home, business, inheritance
 - Person – spouse, parent, child, friends
 - Power – influence, respect, ability, health, accident, illness, old age

Why it is foolish to be mad at God? How do these apply to you?

1. I don't know everything God knows. (5-8)
2. It exhausts your strength. (8b)
3. It fuels bitterness. (8b)
4. It destroys your reason to live. (9c)
5. It feeds self-pity. (10-11)

Discuss this statement: *Anything other than Jesus you must have to make you happy will eventually leave you angry when it disappoints you.*

Discuss this statement: *The only way to fully appreciate the shade God provides is to feel the scorching heat of your sin.*

Additional Scripture

- Psalm 37:8
- Proverbs 22:29
- Ephesians 4:26-27
- James 1:19-20
- Hebrews 12:15-17