

## OVERCOMING DEPRESSION

### “Where Are You, Lord?”

Job 3:3-11

- 3 "May the day of my birth perish, and the night it was said, 'A boy is born!'
- 4 That day-may it turn to darkness; may God above not care about it; may no light shine upon it.
- 5 May darkness and deep shadow claim it once more; may a cloud settle over it; may blackness overwhelm its light.
- 6 That night-may thick darkness seize it; may it not be included among the days of the year nor be entered in any of the months.
- 7 May that night be barren; may no shout of joy be heard in it.
- 8 May those who curse days curse that day, those who are ready to rouse Leviathan.
- 9 May its morning stars become dark; may it wait for daylight in vain and not see the first rays of dawn,
- 10 for it did not shut the doors of the womb on me to hide trouble from my eyes.
- 11 "Why did I not perish at birth, and die as I came from the womb? NIV

Job 10:18-19 NIV

- 18 "Why then did you bring me out of the womb? I wish I had died before any eye saw me.
- 19 If only I had never come into being, or had been carried straight from the womb to the grave!

*Now this is one upset man! "I wish I had never been born," is perhaps the deepest expression of despair that can be uttered (and among the most dangerous). Who is this man who utters so forlornly? Yes, it is Job.*

*Let us look at Job's life prior to his calamities.*

#### **Prosperity-**

Job 1:1-3

- 1 In the land of Uz there lived a man whose name was Job. This man was blameless and upright; he feared God and shunned evil.
- 2 He had seven sons and three daughters,
- 3 and he owned seven thousand sheep, three thousand camels, five hundred yoke of oxen and five hundred donkeys, and had a large number of servants. He was the greatest man among all the people of the East. NIV

*In wealth and standing, there was none like him in all the East.*

#### **Family Life-**

Job 1:4-5

- 4 His sons used to take turns holding feasts in their homes, and they would invite their three sisters to eat and drink with them.
- 5 When a period of feasting had run its course, Job would send and have them purified. Early in the morning he would sacrifice a burnt offering for each of them, thinking, "Perhaps my children have sinned and cursed God in their hearts." This was Job's regular custom. NIV

*His children lived in harmony with each other, celebrating their birthdays with feasting. Job was a faithful priest over his household and sacrificed regularly for the family.*

### **Social Standing-**

Job 29:7-25

7 "When I went to the gate of the city and took my seat in the public square,  
8 the young men saw me and stepped aside and the old men rose to their feet;  
9 the chief men refrained from speaking and covered their mouths with their hands;  
10 the voices of the nobles were hushed, and their tongues stuck to the roof of their mouths.  
11 Whoever heard me spoke well of me, and those who saw me commended me,  
12 because I rescued the poor who cried for help, and the fatherless who had none to assist him.  
13 The man who was dying blessed me; I made the widow's heart sing.  
14 I put on righteousness as my clothing; justice was my robe and my turban.  
15 I was eyes to the blind and feet to the lame.  
16 I was a father to the needy; I took up the case of the stranger.  
17 I broke the fangs of the wicked and snatched the victims from their teeth.  
18 "I thought, 'I will die in my own house, my days as numerous as the grains of sand.  
19 My roots will reach to the water, and the dew will lie all night on my branches.  
20 My glory will remain fresh in me, the bow ever new in my hand.'  
21 "Men listened to me expectantly, waiting in silence for my counsel.  
22 After I had spoken, they spoke no more; my words fell gently on their ears.  
23 They waited for me as for showers and drank in my words as the spring rain.  
24 When I smiled at them, they scarcely believed it; the light of my face was precious to them.  
25 I chose the way for them and sat as their chief; I dwelt as a king among his troops; I was like one who comforts mourners. NIV

*Even if you are familiar with the story (and you probably are), consider what Job has accomplished in his life. In his current grief, he chooses that he had never done any good if it means that he must suffer this present evil. What has he lost?*

### **Earthly Good-**

Job 1:13-22

13 One day when Job's sons and daughters were feasting and drinking wine at the oldest brother's house,  
14 a messenger came to Job and said, "The oxen were plowing and the donkeys were grazing nearby,  
15 and the Sabeans attacked and carried them off. They put the servants to the sword, and I am the only one who has escaped to tell you!"  
16 While he was still speaking, another messenger came and said, "The fire of God fell from the sky and burned up the sheep and the servants, and I am the only one who has escaped to tell you!"  
17 While he was still speaking, another messenger came and said, "The Chaldeans formed three raiding parties and swept down on your camels and carried them off. They put the servants to the sword, and I am the only one who has escaped to tell you!"  
18 While he was still speaking, yet another messenger came and said, "Your sons and daughters were feasting and drinking wine at the oldest brother's house,

19 when suddenly a mighty wind swept in from the desert and struck the four corners of the house. It collapsed on them and they are dead, and I am the only one who has escaped to tell you!"  
20 At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship  
21 and said: "Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised."  
22 In all this, Job did not sin by charging God with wrongdoing. NIV

*In one day, Job loses all his wealth and children. And though grieved, he acknowledges that all his blessings came from God and that God had the right to take them all back.*

Job 2:7-10

7b [Job was] afflicted ... with painful sores from the soles of his feet to the top of his head.  
8 Then Job took a piece of broken pottery and scraped himself with it as he sat among the ashes.  
9 His wife said to him, "Are you still holding on to your integrity? Curse God and die!"  
10 He replied, "You are talking like a foolish woman. Shall we accept good from God, and not trouble?" In all this, Job did not sin in what he said. NIV

*Job is next afflicted in his health and his marriage is suffering. (Mrs. Job gets a lot of bad press, but look at life from her perspective. She's just lost ten children and her financial security. Her husband is sick and his breath stinks) He is indeed in a pitiful condition.*

Job 2:11-3:1

11 When Job's three friends, Eliphaz the Temanite, Bildad the Shuhite and Zophar the Naamathite, heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him.  
12 When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads.  
13 Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.  
1 After this, Job opened his mouth and cursed the day of his birth. NIV

*Seven days of grieving and then Job curses the day of his birth. What did I leave out of the story? Satan, the accuser. Why? Job and his friends seem totally unaware of him.*

### **Accusation and defense-**

*Eliphaz says it's all Job's fault.*

Job 4:7-8

7 "Consider now: Who, being innocent, has ever perished? Where were the upright ever destroyed?  
8 As I have observed, those who plow evil and those who sow trouble reap it. NIV

*Bildad tells Job that his children died because of their sin and that Job's life has been a sham.*

Job 8:3-4

3 Does God pervert justice? Does the Almighty pervert what is right?

4 When your children sinned against him, he gave them over to the penalty of their sin. NIV

Job 8:11-18

11 Can papyrus grow tall where there is no marsh? Can reeds thrive without water?

12 While still growing and uncut, they wither more quickly than grass.

13 Such is the destiny of all who forget God; so perishes the hope of the godless.

14 What he trusts in is fragile; what he relies on is a spider's web.

15 He leans on his web, but it gives way; he clings to it, but it does not hold.

16 He is like a well-watered plant in the sunshine, spreading its shoots over the garden;

17 it entwines its roots around a pile of rocks and looks for a place among the stones.

18 But when it is torn from its spot, that place disowns it and says, 'I never saw you.' NIV

*Zophar is sure that Job is hiding secret sins*

Job 11:5-6

5 Oh, how I wish that God would speak, that he would open his lips against you

6 and disclose to you the secrets of wisdom, for true wisdom has two sides. Know this: God has even forgotten some of your sin. NIV

*Job is certain that God is out to get him.*

Job 16:11-14

11 God has turned me over to evil men and thrown me into the clutches of the wicked.

12 All was well with me, but he shattered me; he seized me by the neck and crushed me. He has made me his target;

13 his archers surround me. Without pity, he pierces my kidneys and spills my gall on the ground.

14 Again and again he bursts upon me; he rushes at me like a warrior. NIV

*In this instance of suffering, who is the real culprit? Satan.*

### **The Accuser-**

Job 1:6-12

6 One day the angels came to present themselves before the LORD, and Satan also came with them.

7 The LORD said to Satan, "Where have you come from?" Satan answered the LORD, "From roaming through the earth and going back and forth in it."

8 Then the LORD said to Satan, "Have you considered my servant Job? There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil."

9 "Does Job fear God for nothing?" Satan replied.

10 "Have you not put a hedge around him and his household and everything he has? You have blessed the work of his hands, so that his flocks and herds are spread throughout the land.

11 But stretch out your hand and strike everything he has, and he will surely curse you to your face."

12 The LORD said to Satan, "Very well, then, everything he has is in your hands, but on the man himself do not lay a finger." Then Satan went out from the presence of the LORD. NIV

Job 2:1-7

- 1 On another day the angels came to present themselves before the LORD, and Satan also came with them to present himself before him.
- 2 And the LORD said to Satan, "Where have you come from?" Satan answered the LORD, "From roaming through the earth and going back and forth in it."
- 3 Then the LORD said to Satan, "Have you considered my servant Job? There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil. And he still maintains his integrity, though you incited me against him to ruin him without any reason."
- 4 "Skin for skin!" Satan replied. "A man will give all he has for his own life.
- 5 But stretch out your hand and strike his flesh and bones, and he will surely curse you to your face."
- 6 The LORD said to Satan, "Very well, then, he is in your hands; but you must spare his life."
- 7 So Satan went out from the presence of the LORD and afflicted Job with painful sores from the soles of his feet to the top of his head. NIV

*This attack was unseen by Job. We are privy to it because we can read the text. All he knew was that one day all was well, the next it wasn't. And he cried out to God and didn't get an answer.*

Job 30:20

"I cry out to you, O God, but you do not answer; I stand up, but you merely look at me. NIV

*Job's questions is "where are you, Lord?" When God answers, His reply is "where were you, Job?"*

Job 38:1-4

- 1 Then the LORD answered Job out of the storm. He said:
- 2 "Who is this that darkens my counsel with words without knowledge?
- 3 Brace yourself like a man; I will question you, and you shall answer me.
- 4 "Where were you when I laid the earth's foundation? Tell me, if you understand. NIV

*In all of this, the Lord's problem with Job and his three friends is how they relate to the Lord!*

Job 42:7

After the LORD had said these things to Job, he said to Eliphaz the Temanite, "I am angry with you and your two friends, because you have not spoken of me what is right, as my servant Job has. NIV

*Notice, he leaves Elihu out of the condemnation. He, above all the others, understood the instructional value of suffering.*

Job 36:13-15

- 13 "But the godless in heart lay up anger; They do not cry for help when He binds them.
  - 14 "They die in youth, And their life perishes among the cult prostitutes.
  - 15 "He delivers the afflicted in their affliction, And opens their ear in time of oppression.
- NAS

*God teaches us in affliction. Our suffering does not indicate a victory of the devil's maliciousness, but an outworking of God's redemptive plan!!*

2 Tim 3:12

Yea, and all that will live godly in Christ Jesus shall suffer persecution. KJV

2 Cor 1:6-7

6 And whether we be afflicted, it is for your consolation and salvation, which is effectual in the enduring of the same sufferings which we also suffer: or whether we be comforted, it is for your consolation and salvation.

7 And our hope of you is stedfast, knowing, that as ye are partakers of the sufferings, so shall ye be also of the consolation. KJV

Phil 1:27-28

27 Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in one spirit, contending as one man for the faith of the gospel

28 without being frightened in any way by those who oppose you. This is a sign to them that they will be destroyed, but that you will be saved-and that by God. NIV

2 Thess 1:3-8

3 We are bound to thank God always for you, brethren, as it is fitting, because your faith grows exceedingly, and the love of every one of you all abounds toward each other,

4 so that we ourselves boast of you among the churches of God for your patience and faith in all your persecutions and tribulations that you endure,

5 which is manifest evidence of the righteous judgment of God, that you may be counted worthy of the kingdom of God, for which you also suffer;

6 since it is a righteous thing with God to repay with tribulation those who trouble you,

7 and to give you who are troubled rest with us when the Lord Jesus is revealed from heaven with His mighty angels,

8 in flaming fire taking vengeance on those who do not know God, and on those who do not obey the gospel of our Lord Jesus Christ. NKJV