

13. How would you respond to this question? Write out your answer exactly as you would provide it to Sarah.

Well Sarah I appreciate you coming in to get my opinion on the matter before pursuing anything more. It is interesting to me, that the things that you have mentioned you are struggling with are actually very often spoken of throughout scripture. God often addresses the emotions and state of mind of terrible sadness or what the Bible calls being downcast. There are many stories throughout scripture that express the human experience of being downcast and God in His Word expresses how we ought to respond to and understand these occurrences. For example, Psalm 42 is a wonderful Psalm that is very honest with this extreme sadness, you may find you relate to it quite well. The Psalmist expresses how deeply he longs for closeness to the Lord and help in his circumstances. He even says that his tears have been as his food both day and night, I am sure you have had many days and nights of deep sorrow and tears. Yet, the Psalmist also explains how we ought to see a right response to these emotions and difficulties, which is turning our hope toward the Lord. Other times in scripture this downcast state can be correlated with our actions and walk before the Lord. For instance, God directly address this in Genesis 4:3-7 when he is explaining the reasoning for Cain's sadness. In scripture, obedience can be seen as being a large part of how we emotionally experience life. This means, conversely, that a lack of obedience may lead to an incorrect emotional state. So it may be possible that there are things that are happening in your life that would be good to walk through together biblically, in order to see if possibly there is something in your walk with the Lord that may be contributing to your deep sadness.

Now medicine can be good and helpful in general when it is necessary and used rightly with a proper biblical understanding of its place. But sometimes we see our issues as something other than how scripture describes them. This is why we continually need to live our lives seeing through the lens of scripture. Medicine assumes that there is some form of physiological malady that needs to be corrected and it acts to physically make this correction. However, in the case of what you are describing, the Bible would actually label that, not necessarily as a medical issue, but rather as a spiritual issue. This means that it is something that ought to be dealt with through God and His Word rather than an alternative method.

You see, God often allows for unpleasant things in our life to occur because, as a loving Father, He wants to give us what is truly best for us, even when maybe it does not feel good to us. In this way, depression can actually function as a very beneficial thing because it is able to reveal to us that there may be an issue in our walk with the Lord. God loves us too much to allow us to live comfortably in our rebellion against Him and He desires to point us toward our need for Him. Romans 8:28-29 even say that God uses all things ultimately for the good of those who love Him and are called according to His purposes. Those passages then define goodness as believers being conformed more into His image, the image of Jesus. So I want to encourage you that we can know, because of what you are experiencing, that the Lord is trying to use this difficulty you are going through, to grow you and show love and grace to you.

Scripture abundantly speaks to the issues that you're speaking about. If you are willing to come in and walk through some of these things that you have mentioned with my wife and I, we would love to show you what God has to say about what you are going through and help you walk through this biblically. Through His Word, God can bring about change that we cannot even comprehend or ask for (Ephesians 3:20-21), can draw you closer to Himself and fill you with joy and peace (Romans 15:13) as you grow in your trust of Him.