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We are More Than Conquerors Series
Conquering Disappointment and Depression
(I Samuel 30:6-9)

Introduction:

- Disappointments are part of life and not sinful. The way we _____ our unfulfilled expectations can be harmful and sinful.
- The constant state of not being able to move on from an unfulfilled _____/ disappointment will cause one to doubt, be discouraged, live in depression, and even daily _____ to one's soul.
- The answer is not in a pill, but a person.
- Clinical depression is extremely rare and usually occurs only when there has been trauma to the brain. Most all depression will not be cured or even maintained by _____, but rather by finding _____ answers from God's Word.
- Many Bible characters struggled at times with unfulfilled expectations that made them slip into depression: Moses, Elijah, Naomi, Peter, and even _____.

God's Deliverance from Disappointment (I Samuel 30:1-9)

1. David's _____ to depression

- Up to I Samuel 30, David's life is a series of him living _____ and bad coming from it. One unfulfilled expectation after another.
- By chapter 30 of I Samuel, David now lives with the Philistines and is prepared to fight with them against his own _____!
- David's hope is gone that he will ever be _____. (I Samuel 27:1). He believes on day Saul will kill him.
- After a week of marching with his men to the North and then back to the South to his town of Ziklag, David is _____, discouraged, defeated, and disillusioned with life and God.

2. David's _____ in depression

- Bitterness is the _____ violation of your justice system. Something has happened in your life from God or man that you know to be wrong and you can't _____ it or move on from it. Life hasn't been fair and you won't move on.
- I Samuel 30:6 says that, "...All the people was grieved...". Grieved is the Hebrew word Marah or _____. Everyone thought what was happening to them was wrong and not what they _____ should have happened.

3. David's _____ plan over depression

- His 3 step formula:
 1. Put his _____ back on who God is!
 - "...David encouraged himself in the Lord his God." (v. 6)
 - He centered his thoughts on the _____ he knew were true about his God. (Wise - Sovereign - Powerful - Good - Loving - Merciful - Immutable - Patient)
 2. Put his _____ back in God's Word!
 - In verses 7 and 8, he asks for the priest's garments to get a word from God. He doesn't have the Bible in complete form like we do now. He sought God to hear from God to get _____ from God and a _____ from the Lord.
 - Get alone with your Bible and get guidance and a promise during your lowest times. Find direction from the _____. (Psalm 119:105)
 3. Put his _____ back on God's path!
 - David got direction then he got _____ again. Notice the first 3 words in verse 9, "So David went...". He got up, didn't quit on God's plan, and started moving toward God's will again.
 - Don't _____, get _____, start _____ and have faith in God.
- *Disappointed with something _____ allowed?
- *Disappointed with something _____ did or did not do?
- *Disappointed with _____ over your failure?

Focus on God - Faith Back in God's Word - Feet back on God's Path