

9/16/12

**SERIES: II CORINTHIANS: THE HEART AND
HUMILITY OF A MAN OF GOD, WEEK 31**

TITLE: COMFORT FOR THE DEPRESSED

TEXT: II CORINTHIANS 7:5-7

**INTRODUCTION: ON A SUNDAY MORNING IN
1866, THE FAMOUS VICTORIAN PREACHER
CHARLES SPURGEON SHOCKED THE 5,000
LISTENERS AT THE METROPOLITAN
TABERNACLE THAT DAY WHEN HE ANNOUNCED
FROM THE PULPIT:**

*** “I AM THE SUBJECT OF DEPRESSIONS OF
SPIRIT SO FEARFUL THAT I HOPE NONE OF YOU
EVER GETS TO SUCH EXTREMES OF
WRETCHEDNESS AS I GO TO.”**

**** NOW FOR SOME OF THE PEOPLE AT THE
METROPOLITAN TABERNACLE THAT DAY, IT
WAS ALMOST INCOMPREHENSIBLE THAT THE
“PRINCE OF PREACHERS” OF THEIR DAY COULD
KNOW THE VALLEY OF DESPAIR.**

***** HOWEVER, IT WAS SOMETHING THAT SPURGEON BATTLED IN HIS LIFE, FOR LATER IN 1887 HE SAID FROM THE SAME PULPIT, “PERSONALLY I HAVE OFTEN PASSED THROUGH THIS DARK VALLEY.”**

****** NOW SOME OF YOU MAY BE SHOCKED, BUT THIS IS SOMETHING THAT PASTORS AND PREACHERS GO THROUGH, I KNOW I HAVE AT DIFFERENT TIMES OF MINISTRY. I HAVE HAD GREAT HIGHS AND GREAT LOWS. IT IS COMMON FOR MANY PREACHERS AND PASTORS.**

(2) IN FACT, JOHN HENRY JOWELL, THE PASTOR OF FIFTH AVENUE PRESBYTERIAN IN NEW YORK CITY, AND LATER WESTMINSTER CHAPEL IN LONDON, WROTE TO A FRIEND IN 1920 AND SAID ACCORDING TO KENT HUGHES:

*** “YOU SEEM TO IMAGINE I HAVE NO UPS AND DOWNS BUT JUST A LEVEL AND LOFTY STRETCH OF SPIRITUAL ATTAINMENT WITH**

UNBROKEN JOY AND EQUANIMITY. BY NO MEANS! I AM OFTEN PERFECTLY WRETCHED AND EVERYTHING APPEARS MOST MURKY.”

**** THEN WRITING OF ALEXANDER WHYTE, ACCORDING TO SOME, SCOTLAND’S GREATEST PREACHER SINCE JOHN KNOX, G. F. BARBOUR SAID:**

***** “RESOLUTE AS WAS DR. WHYTE’S CHARACTER, HE HAD SEASONS OF DEEP DEPRESSION REGARDING THE RESULTS OF HIS WORK IN THE PULPIT OR AMONG HIS PEOPLE.”**

****** AND THEN WE ARE TOLD BY KENT HUGHES THAT MARTIN LUTHER WAS SUBJECT TO SUCH FITS OF DARKNESS THAT HE WOULD HIDE HIMSELF AWAY FOR DAYS, AND HIS FAMILY WOULD REMOVE ALL DANGEROUS IMPLEMENTS FROM THE HOUSE FOR FEAR HE WOULD HARM HIMSELF.**

(3) IN THE MIDST OF ONE OF THESE TIMES, HIS INDOMITABLE WIFE KATHARINA, ENTERED HIS ROOM DRESSED IN MOURNING CLOTHES.

*** STARTLED, LUTHER ASKED WHO HAD DIED AND SHE REPLIED THAT NO ONE HAD, BUT FROM THE WAY HE WAS ACTING SHE THOUGHT GOD HAD DIED.**

**** AND THE REALITY IS, SOMETIMES GODLY BELIEVERS GET DEPRESSED.**

***** GODLY BELIEVERS ARE NOT EXEMPT FROM DOWN DARK TIMES.**

****** AND GOD'S SERVANTS ARE NOT IMMUNE FROM THIS COMMON COLD OF THE SOUL, THE "DAMP OF HELL" AS JOHN DONNE CALLED IT.**

(4) AND DEPRESSION ACTUALLY HAS APOSTOLIC PRECEDENT, FOR BELIEVE IT OR NOT, THE GREAT APOSTLE PAUL ACTUALLY WENT THROUGH TIMES OF DEPRESSION.

*** FOR HE WRITES UNDER THE INSPIRATION OF THE HOLY SPIRIT IN OUR TEXT TODAY IN V. 6, "BUT GOD WHO COMFORTS THE DEPRESSED, COMFORTED US BY THE COMING OF TITUS."**

**** NOW WITHOUT QUESTION, THE CIRCUMSTANCES OF WORKING WITH THE CORINTHIANS CAUSED PAUL AT TIMES TO BE DOWNCAST, DOWNHEARTED, DEJECTED, DISCOURAGED AND CAST DOWN.**

***** AND WHAT REALLY BROKE PAUL'S HEART WAS NOT WHAT THE WORLD DID TO HIM, HE EXPECTED THAT, BUT WHAT THE CHURCH DID TO HIM.**

****** PAUL WAS WOUNDED BY THE CORINTHIAN CHURCH AND DISCOURAGED AT TIMES.**

(5) BUT GOD WOULD COMFORT HIM IN SEVERAL WAYS. BUT I WANT YOU TO UNDERSTAND, IT WAS ULTIMATELY NOT TITUS OR THE CORINTHIAN CHURCH THAT HELPED PAUL PULL OUT OF THE DARKNESS, BUT GOD.

*** AND AS YOU LOOK AT THE BEGINNING OF V. 6, WE HAVE THOSE HUGE HOPE KINDLING WORDS, BUT GOD!**

**** AND I WILL ELABORATE ON THOSE TWO WORDS LATER, BUT BRING IT UP RIGHT NOW, THAT WE UNDERSTAND THAT, OUR HELP WHEN WE ARE DARK AND DOWN AND DEPRESSED ULTIMATELY IS, BUT GOD! AND HE WILL USE HIS TRUTH, HIS PEOPLE AND EVEN OTHERS TO HELP US SEE THE LIGHT.**

***** WITH THAT SAID, I'VE TITLED OUR SERMON FOR TODAY, "COMFORT FOR THE DEPRESSED."**

****** AND WE'LL LOOK AT JUST TWO POINTS AS WE WORK OUR WAY THROUGH II CORINTHIANS 7:5-7.**

(6) NO. 1 THE CONFLICTS, V. 5; AND NO. 2 THE COMFORTS PLURAL, VV. 6&7.

*** AND WITH THAT OUTLINE AS OUR MAP TO FOLLOW, LOOK AT II CORINTHIANS 7:5 PLEASE WHERE WE'LL SEE OUR FIRST POINT, THE CONFLICTS.**

I. THE CONFLICTS, (READ V. 5)

A. NOW PAUL BEGINS IN V. 5 TALKING ABOUT WHEN HE AND CO-LABORERS CAME INTO MACEDONIA.

*** AND THE REASON PAUL AND HIS MISSIONARY TEAM CAME INTO MACEDONIA WAS GIVEN TO US BACK IN II CORINTHIANS 2:12&13 WHICH SAYS:**

**** V. 12 – NOW WHEN I CAME TO TROAS FOR THE GOSPEL OF CHRIST AND WHEN A DOOR WAS OPENED FOR ME IN THE LORD,**

V. 13 – I HAD NO REST FOR MY SPIRIT, NOT FINDING TITUS MY BROTHER; BUT TAKING MY LEAVE OF THEM, I WENT ON TO MACEDONIA.

***** NOW TO BEGIN WITH, WHY WAS PAUL AT TROAS AT THIS PARTICULAR TIME?**

****** WELL, IT APPEARS THAT PAUL CHOSE TROAS AS A PLACE TO MEET TITUS, HIS SON IN THE FAITH AND TRUSTED APPRENTICE.**

1. AND THE REASON FOR THIS MEETING WAS PAUL DISPATCHED TITUS TO DELIVER A SEVERE TEARFUL LETTER FROM PAUL TO THE CORINTHIANS TO REBUKE THEM FOR SIN AND LISTENING TO FALSE TEACHERS.

*** AND TITUS WAS TO GIVE PAUL A REPORT OF HOW THE CORINTHIAN'S RESPONDED TO THIS LETTER.**

**** WELL, TITUS NEVER SHOWED UP, FOR WHATEVER REASON AND PAUL HAD NO REST IN HIS SPIRIT AS A RESULT OF THAT, HE WAS REALLY BURDENED, BOTH FOR TITUS A TRUSTED CO-LABORER AND DISCIPLE, AND HOW THE CORINTHIANS RESPONDED.**

***** SO PAUL LEAVES TROAS AND GOES TO MACEDONIA, EVEN THOUGH HE HAD A GREAT OPEN DOOR FOR THE GOSPEL AT TROAS, THAT'S HOW BURDENED HE IS.**

****** AND IT MAY HAVE BEEN MACEDONIA WAS A SECONDARY MEETING PLACE TO MEET UP WITH TITUS AS TRAVEL WAS DIFFICULT AND AS**

**TRAVEL PLANS COULD CHANGE EASILY
BECAUSE OF WEATHER.**

**2. BUT THE POINT IS PAUL IS REALLY
BURDENED AT THIS TIME ABOUT TITUS AND
HOW THE CORINTHIANS RECEIVED THIS 2'D
LETTER, A NON-INSPIRED LETTER, BEFORE HE
WOULD WRITE THE INSPIRED LETTER OF
II CORINTHIANS.**

*** SO PAUL IS AT MACEDONIA FOR THIS REASON.**

**** NOW AS WE GO BACK TO II CORINTHIANS 7:5
WITH THAT BACKGROUND IN MIND, AS PAUL
COMES INTO MACEDONIA, "HIS FLESH HAD NO
REST," THE TEXT SAYS.**

***** MEANING NOTHING HAD CHANGED, HE HAD
NO RELIEF FROM HIS CONCERN OVER THE
SITUATION AT CORINTH AND HIS CONCERN FOR
TITUS.**

****** AND INSTEAD OF THE RELIEF PAUL HOPED
FOR, HE FOUND HIMSELF AFFLICTED ON EVERY
SIDE.**

3. AND PAUL DESCRIBES THESE AFFLICTIONS IN TWO WAYS IN THE REST OF V. 5.

*** AS “CONFLICTS WITHOUT” AND “FEARS WITHIN.”**

**** AND FIRST OF ALL CONFLICTS ON THE OUTSIDE, WITHOUT, EXTERNAL CONFLICTS WITH PEOPLE, THE ENEMIES OF THE GOSPEL.**

***** AND THE GREEK WORD FOR CONFLICTS, TRANSLATED FIGHTINGS IN THE KJV, AND FIGHTING (SINGULAR) IN THE ESV IS RELATED TO THE WORD MACHIRA TRANSLATED SWORD IN THE N.T.**

****** AND IT LIT. MEANS A FIGHT, COMBAT, A BATTLE, STRIFES.**

4. AND IT DESCRIBES SERIOUS QUARRELS, DISPUTES AND CONFLICTS AND LIKELY MAKES REFERENCE TO THOSE IN MACEDONIA WHO WANTED TO GET RID OF PAUL, ENEMIES OF THE GOSPEL.

*** BUT ALSO PAUL HAD FEARS WITHIN. AND THE GREEK WORD FOR FEARS IS THE SOURCE OF**

OUR ENGLISH WORD PHOBIA, THE GREEK WORD IS FO-BOCE.

**** AND INTERNALLY, INSIDE PAUL HAD FEARS. WHAT HAD HAPPENED TO TITUS? WHAT IF HIS SEVERE TEARFUL LETTER MADE THINGS WORSE? WAS A BREACH WITH THE CORINTHIANS IRREPARABLE?**

***** AND PAUL'S OUTWARD CONFLICTS AND INWARD FEARS ZAPPED THE JOY OUT OF HIS MINISTRY AND BROUGHT HIM TO SOME DARK DAYS.**

****** BUT GOD COMFORTED HIM, WE WILL SEE IN 3 WAYS IN VV. 6&7, SO LOOK AT V. 6 PLEASE WHERE WE WILL START TO SEE OUR 2'D POINT TODAY, THE COMFORTS.**

II. THE COMFORTS, (READ V. 6)

A. NOW THE FIRST TWO WORDS IN V. 6, "BUT GOD" ARE HOPE KINDLING WORDS.

*** FOR THESE TWO WORDS TELL US WHAT GOD HAS DONE, HOW GOD INTERVENED IN WHAT OTHERWISE WAS A DEPRESSING SITUATION.**

**** GOD TAKES ACTION. SO THESE ARE TWO SWEET WORDS, PROFOUND WORDS, POWERFUL WORDS, HUGE WORDS.**

***** FOR THE EXTERNAL AND INTERNAL PRESSURES PAUL FACED TROUBLED HIM TO THE POINT THAT HE HAD BECOME DEPRESSED.**

****** AND THE WORD TRANSLATED DEPRESSED IN MY BIBLE, THE NAU, TRANSLATED CAST DOWN IN THE KJV, AND DOWNCAST IN THE ESV, NIV AND NKJV IS A GREEK ADJECTIVE THAT LIT. MEANS, NOT RISING FAR FROM THE GROUND, A CONDITION OF LOWLINESS, TO BE LOW, BROUGHT LOW, TO BE DOWN AND OUT.**

1. AND DO YOU GET THE PICTURE HERE? THE WORD DEPRESSION MEANS TO BE REAL LOW, NOT RISING FROM THE GROUND, TO BE

DEJECTED, TO BE DISCOURAGED, SEEING NO LIGHT AT THE END OF THE TUNNEL.

*** AND PAUL WAS THERE FOR A TIME, YET WHAT HAPPENED?**

**** BUT GOD! BUT GOD WHO COMFORTS THE DEPRESSED, COMFORTED US BY THE COMING OF TITUS.**

***** BELOVED, THE NARRATIVE DOES NOT END WITH PAUL BEING DEPRESSED.**

****** GOD COMFORTED HIM, WHY? HE IS THE GOD OF ALL COMFORT ACCORDING TO II CORINTHIANS 1:3&4 (QUOTE THEM).**

2. AND BELOVED I REMIND YOU THAT GOD NEVER FORSAKES HIS OWN PEOPLE, BUT AT THE RIGHT TIME SENDS THEIR DELIVERANCE.

*** HIS ALL SEEING EYE IS ON HIS CHILDREN AS THEY UNDERGO PHYSICAL AND MENTAL HARDSHIPS FOR THE SAKE OF HIS KINGDOM.**

HE HEARS OUR PRAYERS AND RESPONDS NOT IN OUR TIME, BUT HIS TIME AND HE COMES TO US IN HIS TIME WITH COMFORT AND ENCOURAGEMENT.

**** AND THE REASON PAUL WAS DEPRESSED WAS NOT SELF-CENTEREDNESS, SELFISHNESS OR EVEN SIN IN HIS CIRCUMSTANCES, WHICH CAN BE THE ROOT OF DEPRESSION IN SOME AND WITH OTHERS, SOMETHING EVEN ORGANIC OR PHYSICAL.**

***** HOWEVER, IT APPEARS THAT PAUL WAS DEPRESSED BECAUSE OF WHAT MIGHT BE CALLED OTHER-DIRECTEDNESS.**

****** IT IS TO SAY, PAUL WAS OTHER-DIRECTED.**

3. THE REASON PAUL WAS SORROWING AND LOW AND DOWNCAST WAS HIS OTHER-DIRECTED LOVE TO TITUS AND TO THE CHURCH AT CORINTH.

*** ALL HIS PRESENT FEARS AND ALL HIS PRESENT FIGHTINGS WERE GROUNDED IN HIS CONCERN FOR OTHERS!**

**** AND THIS OTHER-DIRECTEDNESS WAS THE BASIS OF HIS DEPRESSION YET ALSO THE SPRINGBOARD FOR HIS COMFORT AND JOY THROUGH THE LORD, BUT GOD.**

***** GOD COMFORTS. GOD CONSOLES. GOD COMES TO OUR SIDE TO HELP US, GOD STRENGTHENS, GOD ENCOURAGES.**

****** AND IN ESSENCE, THIS TEXT IS A PASSAGE ABOUT JOY AND COMFORT, NOT DEPRESSION.**

4. IN FACT, THE WORDS COMFORT AND COMFORTED ARE USED 4 TIMES IN VV. 6&7.

*** AND GOD IS THE ONE WHO COMFORTS ULTIMATELY, BUT GUESS WHAT, HE USES PEOPLE TO DO THAT.**

**** AND GOD USES HIS PEOPLE TO BRING COMFORT IN THIS TEXT.**

***** AND FIRST OF ALL TITUS, AT THE END OF V. 6, “BY THE COMING OF TITUS.”**

****** AND THE COMING OF TITUS, WHO HAD NOT SHOWED UP AT TROAS FOR REASONS THAT ARE NOT GIVEN, SHOWS UP AT MACEDONIA.**

5. AND PAUL REJOICED THAT HE WAS SAFE AND TO SEE THIS YOUNG MAN HE LOVED REFRESHED HIM, FOR PAUL WAS THE ONE THAT DISPATCHED HIM TO CORINTH ORIGINALLY. AND PAUL WAS ENCOURAGED BY THEIR RENEWAL OF FELLOWSHIP.

*** BUT NOT ONLY SEEING TITUS BROUGHT COMFORT AND JOY TO PAUL, BUT ALSO THE REPORT OF TITUS BROUGHT COMFORT TO PAUL, LOOK AT V. 7 PLEASE.**

B. READ V. 7. NOW PAUL WAS NOT ONLY ENCOURAGED AND COMFORTED BY THE

COMING OF TITUS, BUT NO. 2, PAUL WAS COMFORTED BY THE REALITY THAT TITUS WAS COMFORTED BY THE CORINTHIANS.

*** IN OTHER WORDS, TITUS PROBABLY HAD SOME FEAR AND TREPIDATION AS A YOUNG MAN DELIVERING A CONFRONTING CAREFRONTING LETTER FROM PAUL TO THE CORINTHIANS.**

**** TITUS PROBABLY DID NOT KNOW WHAT TO EXPECT FROM THE CORINTHIANS IN THEIR RESPONSE TO PAUL'S SEVERE OR TEARFUL LETTER. WERE THEY GOING TO LASH OUT AT HIM LASHING OUT AT PAUL?**

***** THIS PROBABLY WAS AN INTIMIDATING SITUATION FOR TITUS. WAS HE THINKING THE WORST? WE DON'T KNOW.**

****** HOWEVER, THE CORINTHIANS RECEIVED THE LETTER AND THEIR POSITIVE RESPONSE ENCOURAGED AND COMFORTED TITUS.**

****** THE CORINTHIANS RESPONDED TO THE SEVERE LETTER AND BROUGHT COMFORT AND JOY TO TITUS. IT DID NOT BECOME AN AWKWARD CIRCUMSTANCE BUT A REPENTANT ONE.**

1. SO PAUL IS ENCOURAGED BY THE COMING OF TITUS, AND BY THE CORINTHIAN'S RESPONSE TO TITUS AND NO. 3 IN THE REST OF V. 7, PAUL WAS COMFORTED BY THE REPORT OF TITUS ABOUT THE CORINTHIANS THAT REVEALED A RIGHT RESPONSE TO PAUL'S SEVERE LETTER.

*** AND IN THE REPORT OF TITUS TO PAUL, 3 THINGS ARE REVEALED HERE. NO. 1 "THE LONGING" OF THE CORINTHIANS TO SEE PAUL AGAIN.**

**** SO THERE WAS NO GRUDGING ACCEPTANCE OF PAUL'S SEVERE LETTER AND APOSTOLIC AUTHORITY. INSTEAD IT WAS ONE OF LONGING,**

OF YEARNING TO SEE HIM AND HAVE THEM RESTORED WITH PAUL.

***** THEN NO. 2 “THE MOURNING” ON THE PART OF THE CORINTHIANS OVER THEIR SIN. THERE WAS GODLY SORROW, REPENTANCE OVER THEIR WRONG SINFUL ATTITUDE TOWARD PAUL, AND THEIR DISLOYALTY TO HIM.**

****** AND THEN NO. 3, “THEIR ZEAL” FOR PAUL WAS ENCOURAGING. AND HERE IT APPEARS THEY EXPRESSED ZEAL BOTH TO RESTORE THEIR RELATIONSHIP WITH HIM AND TO DEFEND HIM FROM FURTHER ATTACKS FROM PAUL’S ENEMIES THE FALSE TEACHERS.**

****** AND THE RESULT OF THE CORINTHIAN’S 3 RESPONSES TO PAUL WAS, PAUL REJOICED EVEN MORE.**

2. IT IS TO SAY PAUL WENT FROM BEING DEPRESSED TO EXPERIENCING OVERFLOWING JOY. HE WENT FROM BEING LOW TO HIGH. HE WENT FROM BEING DISCOURAGED TO BEING DELIGHTED.

*** PAUL HAD GREAT JOY. AND GOD WHO COMFORTS THE DEPRESSED, COMFORTED PAUL THROUGH THE COMING OF TITUS, THE CONSOLATION AND COMFORT TITUS RECEIVED FROM THE CORINTHIANS, AND THE CORINTHIAN'S RESPONSE TO PAUL'S SERIOUS SEVERE TEARFUL LETTER TO THEM. PRAISE GOD THAT HE IS THE GOD OF ALL COMFORT.**

IN WRAP UP AND IN APPLICATION: (1) I WANT TO TAKE SOME EXTRA TIME HERE TODAY.

*** AND FIRST OF ALL, TO REMIND YOU, NOT ALL DEPRESSION IS CAUSED BY SELFISHNESS AND SIN OR PHYSICAL ORGANIC HEALTH ISSUES.**

**** FOR PAUL WAS DEPRESSED BY AN OTHERS DIRECTED LOVE, NOT BY SELFISHNESS AND HAVING A PITY PARTY FOR HIMSELF.**

***** HIS OTHER DIRECTEDNESS WAS THE BASIS OF HIS DEPRESSION, HIS LOVE AND CONCERN FOR TITUS AND THE CORINTHIANS.**

****** BUT NOTE HIS OTHER DIRECTEDNESS WAS THE SPRINGBOARD FOR HIS COMFORT AND JOY.**

(2) PAUL WAS INVOLVED IN INTENSE MINISTRY AND WALKED WITH THE LORD, BUT ALWAYS IN THOSE CIRCUMSTANCES WE MUST PRAY, FOCUS ON THE WORD AND THE LORD, GET PROPER AMOUNTS OF SLEEP, NOT TO LOVE SLEEP AS SOME DO, AND EAT PROPERLY. (QUOTE PROVERBS 20:13)

*** HOWEVER, THERE ARE TIMES WE GET DEPRESSED FROM TIREDNESS AND SELF-CENTEREDNESS. FOR IN I KINGS 19:4, AFTER ELIJAH WAS ON THE RUN FROM JEZEBEL, HE WAS TIRED AND HUNGRY AND REQUESTED THAT HE MIGHT DIE.**

**** AND THE PROBLEM WAS, HE WAS TIRED AND HUNGRY AND THIRSTY AND LOST HIS FOCUS ON HIS LORD AND GOT DEPRESSED, AND THE LORD SENDS AN ANGEL TO GIVE HIM FOOD AND DRINK AND HE RESTED, AND IN II KINGS 21, ELIJAH BECAME A VOICE AGAIN FOR THE LORD.**

***** NOW I'M NOT TALKING ABOUT PAMPERING SELF, BUT TAKING CARE OF YOURSELF WITH GOD'S PROVISION AND FOCUSING BACK ON HIM.**

****** BUT FOR SOME, THERE IS SUCH SELF-FOCUS, SUCH SELFISHNESS, THEY BECOME DEPRESSED AS THE WORLD REVOLVES AROUND SELF, NOT OTHERS.**

(3) LEARN TO COUNT THE BLESSINGS OF GOD FROM SALVATION ON, AND FOCUS ON SERVICE AND PRAYER.

*** FOR OTHERS IT IS UNCONFESSED SIN IN OUR LIVES. AND GOD WILL NOT ALLOW US TO HAVE JOY WHEN WE DON'T AGREE WITH HIM ABOUT OUR SIN, CONFESS IT AND FORSAKE IT, QUOTE PROVERBS 28:13.**

**** AND THEN LASTLY, FOR SOME, NOT THE VAST MAJORITY, BUT SOME, IT COULD BE ORGANIC, SOMETHING PHYSICAL. AND THE NEED THERE IS TO GO TO A DOCTOR AND HAVE A PHYSICAL AND SOME BLOOD WORK.**

***** IT COULD BE NUMBER OF THINGS, BUT GO TO A DOCTOR. GET A CHECK UP, BUT BE CAREFUL (EXPLAIN)**

****** LASTLY, I WANT YOU TO SEE HOW GOD USES OTHERS TO ENCOURAGE AND COMFORT THE DEPRESSED. I WANT YOU TO SEE HOW GOD USES THE BODY, THE CHURCH TO ENCOURAGE OTHERS AND HOW ISOLATION AND PULLING BACK FROM OTHER BELIEVERS AND THE CHURCH IS NEVER THE ANSWER.**

(4) GOD COMFORTED PAUL THROUGH TITUS AND THE CORINTHIAN CHURCH. THERE MUST BE BODY LIFE, THERE MUST BE INTERDEPENDENCE NOT INDEPENDENCE, THERE MUST BE INTERRELATIONSHIPS THROUGH THE CHURCH, SO PLEASE DON'T ISOLATE YOURSELF. ASSEMBLY IS REQUIRED

**AND ENCOURAGEMENT IS A NECESSITY. (QUOTE
HEBREWS 3:13)**

*** AND MAYBE THE LORD HAS LAID SOMEONE ON
YOUR HEART THAT NEEDS TO BE ENCOURAGED.
CALL THEM, VISIT THEM, SEND THEM A NOTE, A
TEXT, AN EMAIL OR A CARD.**

**** OR MAYBE YOU NEED TO GET YOUR FOCUS
OFF OF SELF. VISIT A SHUT IN, HELP A SHUT IN
OR A WIDOW, MEET THE NEED OF SOMEONE.
GO TO A NURSING HOME AND IF YOU CAN WALK
OUT, PRAISE GOD, COUNT YOUR BLESSINGS.**

***** MY PRAYER TODAY IS THAT V. 6 WILL BE A
REALITY FOR YOU TODAY THAT, BUT GOD, WILL
BE REAL IN YOUR LIFE, AND TO BELIEVE THAT
GOD COMFORTS THE DEPRESSED. (LET'S PRAY)**