

JOB SERIES FOUR
WHEN MOURNING AND DEPRESSION ARE NORMAL
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JOB 3:1-26
(S-1584)

What does it take to ruin your day? Unfortunately, too many Christians feel that they shouldn't have their day ruined—good Christians should always be “up”. To their way of thinking, this positive response of “faith” and “trust” are indicators of good Christianity. However, wise Christians know it is all right to respond to loss with some measure of grief, hurt, and depression. There is no lack of faith here.

Let's take a moment and REVIEW the first two chapters of Job (Act One, Scenes 1-5). Note how Job handled his crises with moments of great faith. We believe Job's response in the first two chapters is the response that men and women of faith should have. But now we turn the page to chapter 3 and we meet a Job of a different color—and if we are not careful, we will wonder what has gone wrong with Job.

LET'S READ JOB 3.

Job's response reveals how best to handle loss—we mourn it and grieve it. To some, this response may seem to make Job look unspiritual. No, what he does is the most natural and spiritual thing in the world.

We often think that great people and grand accomplishments have grand beginnings. The truth is, great accomplishments and great lives often are birthed in wombs of woe.

I don't know of a person on earth who claims Job 3 as their favorite chapter in the Bible. We want to pass quickly over this chapter—unless we have known the black hole of depression ourselves. Then we read, not shocked, but with understanding expression.

LET'S READ AND EXAMINE JOB 2:11-13.

Job's comforters were in place. Don't ever begin mourning without comforters in place. God and understanding others are good to have around. Don't mourn alone.

At this point in the text poetry begins and runs all the way through 42:6.

LET'S READ AND EXAMINE JOB 3:1-26.

3:1-10: Job regrets his birth.

3:11-19: Job wishes he'd been born dead.

3:20-26: Job struggles in confusion and longs to die.

End of sermon.

LET'S DRAW OFF SEVERAL LESSONS FROM JOB'S EXPERIENCE which will better equip us for ours.

- It Is Not Good To Mourn And Grieve Alone. Make Sure Comforters Are In Place Before We Begin.

2 Corinthians 1:3-4: Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

- We Never Fully Get Over Pain And Grief Until We Express It Fully With People Who Know How To Comfort Us Fully.

Matthew 5:4: Blessed are those who mourn, For they shall be comforted.

The picket fence

- It Is Normal For Times Of Mourning And Depression To Follow Times Of Loss (And Often after Victory). It Is Not Normal For Depression To Go On All The Time.
- Even The Godly Can Be Depressed. There Is No Contradiction Between Being A Person Of Great Faith And A Person Of Great Despair At The Same Time.
- Those Who Have Plumbed The Depths Of Their Own Inadequacies Are The Ones God Invariably Calls To Shepherd Others.