



And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

Isaiah 58:12

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Depression (part 4)

Numbers 11

In this scriptural account, the Lord's people had recently left the bondage of Egypt through the deliverance of God. They had been traveling for more than a year. The Lord had provided for them, but they became depressed with his provision. Depression is a mood that moves us in a negative direction. There are many causes for it: some depression is natural while other times it results from the sinful heart of man. This study will discuss the sinful responses of man that lead to depression.

Because of being unthankful for the manna (vs. 6), the people began to lust (vs. 4) for something that was out of God's will. They wanted flesh to eat. The interaction of unthankfulness and lust caused the Israelites to compare their current circumstances with those while in Egypt (vs. 5-6). After realizing that there was no one to deliver them from their circumstances, they lost hope (vs. 6). As the scriptures tell us that hope deferred will make the heart sick, this began to be the case with the Israelites. Their loss of hope put their soul into a withered or dried up state. As the grass when withering loses its strength or stamina to stand, so was the soul of the Israelites (vs. 6). They began to weep and this weeping went throughout the entire camp affecting others (vs. 4, 10). As if

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this condition was not bad enough, it led to a culmination of them regretting that they had left Egypt (vs. 20). It was at this time that the Lord was angry with his people and took chastening action to correct their soulish, sinful attitude.

The progression into depression that Israel took can be broken down into seven steps.

Unthankful.....vs.	6
Lusting.....vs.	4
Comparing.....vs.	5-6
No Hope.....vs.	4
Dried away soul.....vs.	6
Weeping.....vs.	4, 10
Regret.....vs.	20

The progressive steps towards depression are encountered by people of today lost and saved alike. An example of this could be any saved woman who becomes unthankful with the things in her life. She is not thankful for her house, clothes, car, vocation and social acceptance or status. She instead longs for things greater or better than what she has. These things for which she longs are out of God's will for her life. This longing is really the lust of the flesh (Ps. 78:18).

If the situation of her life does not change and the longing continues, she will then begin to compare her life to those of people around her or with those on the media (II Cor. 10:12). This comparing is very dangerous: it further removes her from a right standing with God because the end result of comparing is that life is not fair and if life is not fair then God is not fair (Eze. 33:17). Without God, who is good, righteous and always working for what is to be our good (Rom.

8:28), man is without hope. It will not be long until her soul is dried up as the Israelites was and she is found alone crying for "no apparent" reason. At this point, she is in the same situation as Cain, where if he does right he will be accepted and not have a fallen countenance or sin will lie at the door.

If she responds as most do, she will try to go out and meet her own needs. Through the use of credit, she will purchase all that she wants and still come up empty, because man's life does not consist of the things which he possesses (Luke 12:15). It may take a while, but when she falls from the high life of gain to the depths of debt, her depressed state will be worse than before and sin, which lieth or crouches at the door has already pounced.

Depression is not confined to just women, but they are six times more likely to experience it. Men also experience depression. Some consider it to take place when they are going through their midlife crisis. In either event, man, because of his sin nature, is prone to respond to life in a manner other than God's way and those actions will lead to emotional problems and one of which is depression.

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