

Monday - Understanding and Overcoming Depression with Dr. Linda Mintle

Psalm 42:5 (AMPC)

Why are you cast down, O my inner self? And why should you moan over me and be disquieted within me? Hope in God and wait expectantly for Him, for I shall yet praise Him, my Help and my God.

Psalm 43:3 (AMPC)

O send out Your light and Your truth, let them lead me; let them bring me to Your holy hill and to Your dwelling.

Psalm 43:4 (AMPC)

Then will I go to the altar of God, to God, my exceeding joy; yes, with the lyre will I praise You, O God, my God!

2 Samuel 6:14 (AMPC)

And David danced before the Lord with all his might, clad in a linen ephod [a priest's upper garment].

Tuesday - Grief and Loneliness - Part 1

Matthew 18:20 (AMPC)

For wherever two or three are gathered (drawn together as My followers) in (into) My name, there I AM in the midst of them. [Exod. 3:14.]

Luke 9:59-60 (AMPC)

And He said to another, Become My disciple, side with My party, and accompany Me! But he replied, Lord, permit me first to go and bury (await the death of) my father. But Jesus said to him, Allow the dead to bury their own dead; but as for you, go and publish abroad throughout all regions the kingdom of God.

Luke 9:60-61 (AMPC)

But Jesus said to him, Allow the dead to bury their own dead; but as for you, go and publish abroad throughout all regions the kingdom of God. Another also said, I will follow You, Lord, and become Your disciple and side with Your party; but let me first say good-bye to those at my home.

Luke 9:62 (AMPC)

Jesus said to him, No one who puts his hand to the plow and looks back [to the things behind] is fit for the kingdom of God.

Luke 17:32 (AMPC)

Remember Lot's wife! [Gen. 19:26.]

Genesis 19 (AMPC)

IT WAS evening when the two angels came to Sodom. Lot was sitting at Sodom's [city] gate. Seeing them, Lot rose up to meet them and bowed to the ground. And he said, My lords, turn aside, I beg of you, into your servant's house and spend the night and bathe your feet. Then you can arise early and go on your way. But they said, No, we will spend the night in the square. [Lot] entreated and urged them greatly until they yielded and [with him] entered his house. And he made them a dinner [with drinking] and had unleavened bread which he baked, and they ate. But before they lay down, the men of the city of Sodom, both young and old, all the men from every quarter, surrounded the house. And they called to Lot and said, Where are the men who came to you tonight? Bring them out to us, that we may know (be intimate with) them. And Lot went out of the door to the men and shut the door after him And said, I beg of you, my brothers, do not behave so wickedly. Look now, I have two daughters who are virgins; let me, I beg of you, bring them out to you, and you can do as you please with them. But only do nothing to these men, for they have come under the protection of my roof. But they said, Stand back! And they said, This fellow came in to live here temporarily, and now he presumes to be [our] judge! Now we will deal worse with you than with them. So they rushed at and pressed violently against Lot and came close to breaking down the door. But the men [the angels] reached out and pulled Lot into the house to them and shut the door after him. And they struck the men who were at the door of the house with blindness [which dazzled them], from the youths to the old men, so that they wearied themselves [groping] to find the door. And the [two] men asked Lot, Have you any others here—sons-in-law or your sons or your daughters? Whomever you have in the city, bring them out of this place, For we will spoil and destroy [Sodom]; for the outcry and shriek against its people has grown great before the Lord, and He has sent us to destroy it. And Lot went out and spoke to his sons-in-law, who were to marry his daughters, and said, Up, get out of this place, for the Lord will spoil and destroy this city! But he seemed to his sons-in-law to be [only] joking. When morning came, the angels urged Lot to hurry, saying, Arise, take your wife and two daughters who are here [and be off], lest you [too] be consumed and swept away in the iniquity and punishment of the city. But while he lingered, the men seized him and his wife and his two daughters by the hand, for the Lord was merciful to him; and they brought him forth and set him outside the city and left him there. And when they had brought them forth, they said, Escape for your life! Do not look behind you or stop anywhere in the whole valley; escape to the mountains [of Moab], lest you be consumed. And Lot said to them, Oh, not that, my lords! Behold now, your servant has found favor in your sight, and you have magnified your kindness and mercy to me in saving my life; but I cannot escape to the mountains, lest the evil overtake me, and I die. See now yonder city; it is near enough to flee to, and it is a little one. Oh, let me escape to it! Is it not a little one? And my life will be saved! And [the angel] said to him, See, I have yielded to your entreaty concerning this thing also; I will not destroy this city of which you have spoken. Make haste and take refuge there, for I cannot do anything until you arrive there. Therefore the name of the city was called Zoar [little]. The sun had risen over the earth when Lot entered Zoar. Then the Lord rained on Sodom and on Gomorrah brimstone and fire from the Lord out of the heavens. He overthrew, destroyed, and ended those cities, and all the valley and all the inhabitants of the cities, and what grew on the ground. But [Lot's] wife looked back from behind him, and she became a pillar of salt. Abraham went up early the next morning to the place where he [only the day before] had stood before the Lord. And he looked toward Sodom and Gomorrah, and toward all the land of the valley, and saw, and behold, the smoke of the country went up like the smoke of a furnace. When God ravaged and destroyed the cities of the plain [of Siddim], He [earnestly] remembered Abraham [imprinted and fixed him indelibly on His mind], and He sent Lot out of the midst of the overthrow when He overthrew the cities where Lot lived. And Lot went up out of Zoar and dwelt in the mountain, and his two daughters with him, for he feared to dwell in Zoar; and he lived in a cave, he and his two daughters. The elder said to the younger, Our father is aging, and there is not a man on earth to live with us in the customary way. Come, let us make our father drunk with wine, and we will lie with him, so that we may preserve offspring (our race) through our father. And they made their father drunk with wine that night, and the older went in and lay with her father; and he was not aware of it when she lay down or when she arose. Then the next day the firstborn said to the younger, See here, I lay last night with my father; let us make him drunk with wine tonight also, and then you go in and lie with him, so that we may

preserve offspring (our race) through our father. And they made their father drunk with wine again that night, and the younger arose and lay with him; and he was not aware of it when she lay down or when she arose. Thus both the daughters of Lot were with child by their father. The older bore a son, and named him Moab [of a father]; he is the father of the Moabites to this day. The younger also bore a son and named him Ben-ammi [son of my people]; he is the father of the Ammonites to this day.

Exodus 14:15 (AMPC)

The Lord said to Moses, Why do you cry to Me? Tell the people of Israel to go forward!

Luke 22 (AMPC)

NOW THE Festival of Unleavened Bread was drawing near, which is called the Passover. And the chief priests and the scribes were seeking how to do away with [Jesus], for they feared the people. But [then] Satan entered into Judas, called Iscariot, who was one of the Twelve [apostles]. And he went away and discussed with the chief priests and captains how he might betray Him and deliver Him up to them. And they were delighted and pledged [themselves] to give him money. So he agreed [to this], and sought an opportunity to betray Him to them [without an uprising] in the absence of the throng. Then came the day of Unleavened Bread on which the Passover [lamb] had to be slain. [Exod. 12:18-20; Deut. 16:5-8.] So Jesus sent Peter and John, saying, Go and prepare for us the Passover meal, that we may eat it. They said to Him, Where do You want us to prepare [it]? He said to them, Behold, when you have gone into the city, a man carrying an earthen jug or pitcher of water will meet you; follow him into the house which he enters, And say to the master of the house, The Teacher asks you, Where is the guest room, where I may eat the Passover [meal] with My disciples? And he will show you a large room upstairs, furnished [with carpets and with couches properly spread]; there make [your] preparations. And they went and found it [just] as He had said to them; and they made ready the Passover [supper]. And when the hour came, [Jesus] reclined at table, and the apostles with Him. And He said to them, I have earnestly and intensely desired to eat this Passover with you before I suffer; For I say to you, I shall eat it no more until it is fulfilled in the kingdom of God. And He took a cup, and when He had given thanks, He said, Take this and divide and distribute it among yourselves; For I say to you that from now on I shall not drink of the fruit of the vine at all until the kingdom of God comes. Then He took a loaf [of bread], and when He had given thanks, He broke [it] and gave it to them saying, This is My body which is given for you; do this in remembrance of Me. And in like manner, He took the cup after supper, saying, This cup is the new testament or covenant [ratified] in My blood, which is shed (poured out) for you. But, behold, the hand of him who is now engaged in betraying Me is with Me on the table. [Ps. 41:9.] For the Son of Man is going as it has been determined and appointed, but woe to that man by whom He is betrayed and delivered up! And they began to inquire among themselves which of them it was who was about to do this. [Ps. 41:9.] Now an eager contention arose among them [as to] which of them was considered and reputed to be the greatest. But Jesus said to them, The kings of the Gentiles are deified by them and exercise lordship [ruling as emperor-gods] over them; and those in authority over them are called benefactors and well-doers. But this is not to be so with you; on the contrary, let him who is the greatest among you become like the youngest, and him who is the chief and leader like one who serves. For who is the greater, the one who reclines at table (the master), or the one who serves? Is it not the one who reclines at table? But I am in your midst as One Who serves. And you are those who have remained [throughout] and persevered with Me in My trials; And as My Father has appointed a kingdom and conferred it on Me, so do I confer on you [the privilege and decree], That you may eat and drink at My table in My kingdom and sit on thrones, judging the twelve tribes of Israel. Simon, Simon (Peter), listen! Satan has asked excessively that [all of] you be given up to him [out of the power and keeping of God], that he might sift [all of] you like grain, [Job 1:6-12; Amos 9:9.] But I have prayed especially for you [Peter], that your [own] faith may not fail; and when you yourself have turned again, strengthen and establish your brethren. And [Simon Peter] said to Him, Lord, I am ready to go with You both to prison and to death. But Jesus said, I tell you, Peter, before a [single] cock shall crow this day, you will three times [utterly] deny that you know Me. And He said to them, When I sent you out with no purse or [provision] bag or sandals, did you lack anything? They answered, Nothing! Then He said to them, But now let him who has a purse take it, and also [his provision] bag; and let him who has no sword sell his mantle and buy a sword. For I tell you that this Scripture must yet be fulfilled in Me: And He was counted and classed among the wicked (the outlaws, the criminals); for what is written about Me has its fulfillment [has reached its end and is finally settled]. [Isa. 53:12.] And they said, Look, Lord! Here are two swords. And He said to them, It is enough. And He came out and went, as was His habit, to the Mount of Olives, and the disciples also followed Him. And when He came to the place, He said to them, Pray that you may not [at all] enter into temptation. And He withdrew from them about a stone's throw and knelt down and prayed, Saying, Father, if You are willing, remove this cup from Me; yet not My will, but [always] Yours be done. And there appeared to Him an angel from heaven, strengthening Him in spirit. And being in an agony [of mind], He prayed [all the] more earnestly and intently, and His sweat became like great clots of blood dropping down upon the ground. And when He got up from prayer, He came to the disciples and found them sleeping from grief, And He said to them, Why do you sleep? Get up and pray that you may not enter [at all] into temptation. And while He was still speaking, behold, there came a crowd, and the man called Judas, one of the Twelve [apostles], was going before [leading] them. He drew near to Jesus to kiss Him, But Jesus said to him, Judas! Would you betray and deliver up the Son of Man with a kiss? And when those who were around Him saw what was about to happen, they said, Lord, shall we strike with the sword? And one of them struck the bond servant of the high priest and cut off his ear, the right one. But Jesus said, Permit them to go so far [as to seize Me]. And He touched the little (insignificant) ear and healed him. Then Jesus said to those who had come out against Him—the chief priests and captains of the temple and elders [of the Sanhedrin]—Have you come out with swords and clubs as [you would] against a robber? When I was with you day after day in the temple [enclosure], you did not stretch forth [your] hands against Me. But this is your hour—and the power [which] darkness [gives you] has its way. Then they seized Him and led Him away, bringing Him into the house of the high priest. Peter was following at a distance. And when they had kindled a fire in the middle of the courtyard and were seated together, Peter sat among them. Then a servant girl, seeing him as he sat in the firelight and gazing [intently] at him, said, This man too was with Him. But he denied it and said, Woman, I do not know Him! And a little later someone else saw him and said, You are one of them also. But Peter said, Man, I am not! And when about an hour more had elapsed, still another emphatically insisted, It is the truth that this man also was with Him, for he too is a Galilean! But Peter said, Man, I do not know what you are talking about. And instantly, while he was still speaking, the cock crowed. And the Lord turned and looked at Peter. And Peter recalled the Lord's words, how He had told him, Before the cock crows today, you will deny Me thrice. And he went out and wept bitterly [that is, with painfully moving grief]. Now the men who had Jesus in custody treated Him with contempt and scoffed at and ridiculed Him and beat Him; They blindfolded Him also and asked Him, Prophecy! Who is it that struck You? And they said many other evil and slanderous and insulting words against Him, reviling Him. As soon as it was day, the assembly of the elders of the people gathered together, both chief priests and scribes; and they led Him into their council (the Sanhedrin), and they said, If You are the Christ (the Messiah), tell us. But He said to them, If I tell you, you will not believe (trust in, cleave to, and rely on what I say), And if I question you, you will not answer. But hereafter (from this time on), the Son of Man shall be seated at the right hand of the power of God. [Ps. 110:1.] And they all said, You are the Son of God, then? And He said to them, It is just as you say; I AM. And they said, What further evidence do we need? For we have heard [it] ourselves from His own mouth!

Mark 16:17 (AMPC)

And these attesting signs will accompany those who believe: in My name they will drive out demons; they will speak in new languages

Wednesday - Grief and Loneliness - Part 2

Isaiah 43:18,19 (AMPC)

Do not [earnestly] remember the former things; neither consider the things of old. Behold, I am doing a new thing! Now it springs forth; do you not perceive and know it and will you not give heed to it? I will even make a way in the wilderness and rivers in the desert.

Psalm 27:10 (AMPC)

Although my father and my mother have forsaken me, yet the Lord will take me up [adopt me as His child]. [Ps. 22:10.]

Romans 12:21 (AMPC)

Do not let yourself be overcome by evil, but overcome (master) evil with good.

Deuteronomy 34:8 (AMPC)

And the Israelites wept for Moses in the plains of Moab thirty days; then the days of weeping and mourning for Moses were ended.

Thursday - Grief and Loneliness - Part 3

Joshua 1:9 (AMPC)

Have not I commanded you? Be strong, vigorous, and very courageous. Be not afraid, neither be dismayed, for the Lord your God is with you wherever you go.

Deuteronomy 31:6 (AMPC)

Be strong, courageous, and firm; fear not nor be in terror before them, for it is the Lord your God Who goes with you; He will not fail you or forsake you.

Psalms 139:7-12 (AMPC)

Where could I go from Your Spirit? Or where could I flee from Your presence? If I ascend up into heaven, You are there; if I make my bed in Sheol (the place of the dead), behold, You are there. [Rom. 11:33.] If I take the wings of the morning or dwell in the uttermost parts of the sea, Even there shall Your hand lead me, and Your right hand shall hold me. If I say, Surely the darkness shall cover me and the night shall be [the only] light about me, Even the darkness hides nothing from You, but the night shines as the day; the darkness and the light are both alike to You. [Dan. 2:22.]

John 14:18-20 (AMPC)

I will not leave you as orphans [comfortless, desolate, bereaved, forlorn, helpless]; I will come [back] to you. Just a little while now, and the world will not see Me any more, but you will see Me; because I live, you will live also. At that time [when that day comes] you will know [for yourselves] that I am in My Father, and you [are] in Me, and I [am] in you.

2 Timothy 4:16-17 (AMPC)

At my first trial no one acted in my defense [as my advocate] or took my part or [even] stood with me, but all forsook me. May it not be charged against them! But the Lord stood by me and strengthened me, so that through me the [Gospel] message might be fully proclaimed and all the Gentiles might hear it. So I was delivered out of the jaws of the lion.

Friday - Grief and Loneliness - Part 4

Acts 7:25 (AMPC)

He expected his brethren to understand that God was granting them deliverance by his hand [taking it for granted that they would accept him]; but they did not understand.

Hebrews 4:15 (AMPC)

For we do not have a High Priest Who is unable to understand and sympathize and have a shared feeling with our weaknesses and infirmities and liability to the assaults of temptation, but One Who has been tempted in every respect as we are, yet without sinning.

Ephesians 1:6 (AMPC)

[So that we might be] to the praise and the commendation of His glorious grace (favor and mercy), which He so freely bestowed on us in the Beloved.

Isaiah 53:3 (AMPC)

He was despised and rejected and forsaken by men, a Man of sorrows and pains, and acquainted with grief and sickness; and like One from Whom men hide their faces He was despised, and we did not appreciate His worth or have any esteem for Him.

Matthew 27:46 (AMPC)

And about the ninth hour (three o'clock) Jesus cried with a loud voice, Eli, Eli, lama sabachthani?—that is, My God, My God, why have You abandoned Me [leaving Me helpless, forsaking and failing Me in My need]? [Ps. 22:1.]

Matthew 26:36-46 (AMPC)

Then Jesus went with them to a place called Gethsemane, and He told His disciples, Sit down here while I go over yonder and pray. And taking with Him Peter and the two sons of Zebedee, He began to show grief and distress of mind and was deeply depressed. Then He said to them, My soul is very sad and deeply grieved, so that I am almost dying of sorrow. Stay here and keep awake and keep watch with Me. And going a little farther, He threw Himself upon the ground on His face and prayed saying, My Father, if it is possible, let this cup pass away from Me; nevertheless, not what I will [not what I desire], but as You will and desire. And He came to the disciples and found them sleeping, and He said to Peter, What! Are you so utterly unable to stay awake and keep watch with Me for one hour? All of you must keep awake (give strict attention, be cautious and active) and watch and pray, that you may not come into temptation. The spirit indeed is willing, but the flesh is weak. Again a second time He went away and prayed, My Father, if this cannot pass by unless I drink it, Your will be done. And again He came and found them sleeping, for their eyes were weighed down with sleep. So, leaving them again, He went away and prayed for the third time, using the same words. Then He returned to the disciples and said to them, Are you still sleeping and taking your rest? Behold, the hour is at hand, and the Son of Man is betrayed into the hands of especially wicked sinners [whose way or nature it is to act in opposition to God]. Get up, let us be going! See, My betrayer is at hand!