

# Overcoming the Darkness of Depression

*Job 3:1-26*

By Pastor David Kuntz

**Introduction:** We are about to tour the annals of some of the harshest words uttered in the book of Job. Job will actually curse the day of his birth! These words will show us that even the godliest of men suffer from depression. But more importantly than that, these words will offer us hope in the midst of our depression. Job's painful words will show us how we can also climb out of the valley of darkness.

**I. Learn to Lament Over Your Anguish and Pain** (vs. 1-10)

**II. Develop an Honest Communication with God** (vs. 11-13)

**III. Express a Longing to be Present with God** (vs. 14-19)

**IV. Make Sure Everything is Well with Your Soul** (vs. 20-26)

**Conclusion:**

