

Evening Lesson

HANGING IN WHEN YOU FEEL LIKE HANGING OUT

Gal. 6:9

INTRO:

1. Everyone gets discouraged sometimes.
2. We get distressed, depressed, and sometimes obsessed with all that is going in our lives and the world.

I. FIGHTING DEPRESSION CAN BE A FULL TIME JOB.

- A. We've all heard: "Too blessed to be stressed." Or "Don't worry, be happy."
- B. Sometimes it seems we are too stressed to realize how much we are blessed or too worried to be happy.
- C. Some great men fought depression.
 1. Winston Churchill - Ernest Hemingway – Abraham Lincoln - Charles Spurgeon
 2. Job, Moses, David, Jonah, Elijah, John the Baptist - all were down from time to time.

II. H. I. T.

- A. While we are hanging out here on earth we sometimes feel like hanging it up.
- B. If this attitude creeps in we need a H.I.T – Hang In Tough.
Gal. 6:9
- C. The Christians in Hebrews were discouraged and needed to "**Strengthen the hands that hang down, and the feeble knees.**" **Heb. 12:12**
- D. Sometimes we ask with the Psalmist, "**Why are you cast down, O my soul? And why are you disquieted within me?**" **Psalm 42:5**

III. WHAT DO WE DO?

- A. The Hebrew Christians were told to... **Heb. 12:1-3**
- B. The Psalmist said.... **Psalm 42:5, 6**

CONC:

1. Looking up to Jesus for help will surely help keep "hanging in when we feel like hanging it up."
2. Remember A.O.L. – Admit, Observe, Look.
Phil.4:13; Psalm 121:1, 2; Eph. 3:20, 21; 2 Tim. 1:7