

II. Is this **circumstantial** / **situational**?

2 Chronicles 35:23 And the archers shot at king Josiah; and the king said to his servants, Have me away; for I am sore wounded. **2 Chronicles 35:24** His servants therefore took him out of that chariot, and put him in the second chariot that he had; and they brought him to Jerusalem, and he died, and was buried in one of the sepulchres of his fathers. **And all Judah and Jerusalem mourned for Josiah. 2 Chronicles 35:25** And Jeremiah **lamented for Josiah: and all the singing men and the singing women spake of Josiah in their lamentations to this day, and made them an ordinance in Israel: and, behold, they are written in the lamentations.**

Zechariah 12:11 In that day shall there be a great mourning in Jerusalem, **as the mourning of Hadadrimmon in the valley of Megiddon.**

My experience:

Thoughts about my experience:

- This was never explained in Bible college
- Majority of pastors who resign do so on Monday morning
- All I need is a nap

Broader thoughts:

- Circumstances do impact us!
- Circumstances should impact us!

2 Chronicles 16:13 And Asa slept with his fathers, and died in the one and fortieth year of his reign. **2 Chronicles 16:14** And **they** buried him in his own sepulchres, which he had made for himself in the city of David, **and laid him in the bed which was filled with sweet odours and divers kinds of spices prepared by the apothecaries' art: and they made a very great burning for him.**

2 Chronicles 21:1 Now Jehoshaphat slept with his fathers, and was buried with his fathers in the city of David. **And Jehoram his son reigned in his stead. 2 Chronicles 21:4** Now when Jehoram was risen up to the kingdom of his father, he strengthened himself, and slew all his brethren with the sword, and divers also of the princes of Israel. **2 Chronicles 21:18** And after all this the LORD smote him in his bowels with an incurable disease. **2 Chronicles 21:19** And it came to pass, that in process of time, after the end of two years, his bowels fell out by reason of his sickness: so he died of sore diseases. **And his people made no burning for him, like the burning of his fathers. 2 Chronicles 21:20** Thirty and two years old was he when he began to reign, and he reigned in Jerusalem eight years, **and departed without being desired.** Howbeit they buried him in the city of David, but not in the sepulchres of the kings.

Romans 12:15 **Rejoice** with them that do rejoice, and **weep** with them that weep.

- Circumstances **don't** have to control us
- Circumstances won't control us if we recognize their role and take appropriate action
- Circumstances usually have a limited shelf-life / time of impact

Examples:

- Any and all loss

Denial

Anger

Bargaining

Depression

Acceptance

This is a process, that is often cyclical, normal & healthy.

Lack of a grieving process is very bad.

➤ **S.A.D.**

Genesis 1:14 And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years: **Genesis 1:15** And let them be for lights in the firmament of the heaven to give light upon the earth: and it was so. **Genesis 1:16** And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. **Genesis 1:17** And God set them in the firmament of the heaven to give light upon the earth, **Genesis 1:18** And to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good. **Genesis 1:19** And the evening and the morning were the fourth day.

What if you get no light for weeks at a time?

- **P.T.S.D. (called shell shock & then battle fatigue)**
- **Time of the day**

- **Time of the week**

- **Time of the month**

- **Time of the year**

- **Time of life**

These can't be eliminated but they can be managed!

II. Is this biological / chemical?

Proverbs 31:4 It is **not** for kings, O Lemuel, it is not for kings to drink wine; **nor** for princes strong drink:

Proverbs 31:5 **Lest** they drink, **and** forget the law, **and** pervert the judgment of any of the afflicted.

Proverbs 31:6 Give strong drink unto him that is ready to perish, and wine unto those that be of heavy hearts.

Proverbs 31:7 Let him drink, and forget his poverty, and remember his misery no more.

My experience:

Facts about post-1988 drugs:

- **Not well understood**
- **Not really tested for**
- **Opposed by many conservative pastors & growing number of psychologists**
- **They are simply prescribed**
- **Often more than one prescribed**
- **Highly overused in the general populace (in the USA⁺)**

- **Works for some**
- **Doesn't work for others**

- **Not sure why in either case!!!**
- **Probably shouldn't be the first option or the last option but maybe just an option.**
- **Doesn't replace other solutions**
- ****Best** used as an aid / help**
- **Works well as a small maintenance dose for some – keeps the moods stable**
- **Works poorly for those who are seriously depressed and only use drugs**

SSRI: Selective serotonin reuptake inhibitors	<u>SSNRI</u>: selective serotonin & norepinephrine reuptake inhibitors:
Prozac	Desyrel
Zoloft	Wellbutrin
Paxil	Effexor
Celexa	Serzone
Lexapro	Remeron
	Cymbalta