YOU ARE NOT ALONE

5 People in the Bible Who Were Where You Are

and What God Did

BEFORE YOU READ

A Note to You

If you are reading this, something about the title landed. Maybe the darkness has been heavy for a while. Maybe you have been trying to hold faith and struggling to feel anything at all. Maybe you picked this up for someone you love.

This guide is not a fix. It is not a list of steps to follow. It is simply a reminder that the people in Scripture who are most remembered for their faith are also the people who fell completely apart — and that God did not leave a single one of them.

Read slowly. There is no rush. Take what helps and come back to the rest.

IF YOU ARE IN CRISIS

If you are having thoughts of suicide or self-harm, please reach out now. Call or text 988 (Suicide & Crisis Lifeline) — available 24 hours a day, 7 days a week. You can also text HOME to 741741 (Crisis Text Line). Reaching out is not weakness. It is the right thing to do.

THIS GUIDE IS NOT A SUBSTITUTE FOR PROFESSIONAL CARE

Depression can have physical, neurological, psychological, and spiritual dimensions. This guide is a biblical resource. If you are in a season of depression, please consider reaching out to a licensed counselor, therapist, or medical provider alongside any spiritual support. Proverbs 11:14 says there is safety in having many advisers. That wisdom applies here.

THE FIVE PEOPLE

Scripture Refuses to Hide Their Darkness

Each person below fell apart in a way that was documented, preserved, and included in the canon of Scripture. God did not hide their collapse. He included it. That is not an accident.

1 — David • Psalm 88

WHERE THEY WERE

Psalm 88 is the darkest psalm in the Bible. It begins with a cry for help and ends with darkness — no resolution, no triumphant turn. David writes: “My soul is full of troubles, and my life draws near to Sheol.” He describes being cut off, forgotten, rejected. This is not Psalm 23. This is full collapse.

> *“O Lord, God of my salvation; I cry out day and night before you. Let my prayer come before you; incline your ear to my cry!” — Psalm 88:1–2 (ESV)*

WHAT GOD DID

Even in the darkest psalm, David addresses God. He does not stop speaking to Him. And the fact that Psalm 88 is in the Bible — preserved, honored, sung — means God received the prayer. He did not reject the lament. He included it in His Word.

TRUTH TO REST IN

God receives the cry even when it ends in darkness. You do not have to resolve the prayer before it counts.

2 — Elijah • 1 Kings 19:1–5

WHERE THEY WERE

Elijah had just called down fire from heaven on Mount Carmel — one of the most dramatic miracles in the Old Testament. Days later he is under a broom tree in the wilderness asking God to let him die. “It is enough; now, O Lord, take away my life.” The crash after the mountaintop. Exhausted, alone, done.

> *“And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, ‘Arise and eat.’” — 1 Kings 19:5 (ESV)*

WHAT GOD DID

God did not rebuke Elijah. He did not give him a sermon or a theology lesson. He sent an angel with food and water. Twice. He let him sleep. God’s first response to Elijah’s collapse was physical care, not spiritual correction. He met the body before He addressed anything else.

TRUTH TO REST IN

God meets the body in the crash. Rest and food are not failures of faith. They are how God took care of his most depleted prophet.

3 — Jeremiah • Jeremiah 20:14–18

WHERE THEY WERE

Jeremiah cursed the day he was born. Not metaphorically — literally. He wished he had died in the womb. He had been faithful for decades, preaching a message no one received, imprisoned, mocked, abandoned. This is the man called the Weeping Prophet, and he was not weeping piously. He was at the end.

> *“Cursed be the day on which I was born! The day when my mother bore me, let it not be blessed!” — Jeremiah 20:14 (ESV)*

WHAT GOD DID

God did not remove Jeremiah from his calling. He did not erase the book of Jeremiah. He preserved it — lament and all — and continued to speak through the man who wished he had never been born. The calling survived the collapse. The darkness did not end the story.

> **TRUTH TO REST IN**
> Faithfulness and depression can exist in the same person at the same time. Jeremiah's collapse did not disqualify him. It is part of his story in Scripture.

4 — Job • Job 3:1–3

WHERE THEY WERE

Job lost everything — his children, his wealth, his health — and after seven days of silent mourning with his friends he opened his mouth and cursed the day of his birth. He did not curse God. But he cursed his own existence. He wanted to not have been. The weight was that complete.

> *"After this Job opened his mouth and cursed the day of his birth. And Job said: 'Let the day perish on which I was born, and the night that said, "A man is conceived."'" — Job 3:1–3 (ESV)*

WHAT GOD DID

At the end of Job, God does not rebuke Job for his lament. He rebukes the friends who offered easy answers. The man who cried out in the dark was vindicated. The ones who tried to explain the darkness away were not. God honored the honesty of the sufferer over the theology of those who had not suffered.

> **TRUTH TO REST IN**
> God honors honest lament. The friends who explained Job's suffering were wrong. The man who cried out in the dark was right to cry.

5 — Jesus • Matthew 26:38 • Matthew 27:46

WHERE THEY WERE

In Gethsemane, Jesus said: "My soul is overwhelmed with sorrow to the point of death." On the cross He cried: "My God, my God, why have you forsaken me?" These are not polite expressions of mild distress. They are the words of someone in the full weight of human suffering — including the experience of God's felt absence.

> *"About three in the afternoon Jesus cried out in a loud voice, 'Eli, Eli, lema sabachthani?' (which means 'My God, my God, why have you forsaken me?')." — Matthew 27:46 (NIV)*

WHAT GOD DID

Jesus quoted Psalm 22 from the cross — the psalm of desolation — which means He entered the human experience of felt abandonment fully. He did not skip it. He did not perform faith above it. He went through it. And the resurrection was on the other side. Not instead of the darkness — through it.

> **TRUTH TO REST IN**
> Jesus went through the darkness. He did not bypass it. Whatever you are feeling, the Son of God has felt it from the inside. You are not alone.

A FINAL WORD

You Are Not Disqualified

Every person on this list is remembered as a person of faith. David is called a man after God's own heart. Elijah is one of the two people who appear with Jesus at the Transfiguration. Jeremiah's words are still read three thousand years later. Job's honesty was vindicated by God Himself. Jesus rose from the dead.

Not one of them was disqualified by their darkness. And neither are you.

LAMENTATIONS 3:22–23 (NLT)

"The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning."

Jeremiah wrote those words in the middle of Lamentations — a book of grief. Not from the other side of it. From inside it. The mercy is available in the dark, not just after it lifts.

WANT TO GO DEEPER?

The Trading Depression for Hope digital bundle includes an extended teaching guide, a 21-day hope journal, Scripture cards for dark days, a prayer guide for when words won't come, and a 21-day reading plan. Available at discipleblueprint.com.

BEFORE YOU GO

Please Keep This

IF YOU NEED IMMEDIATE HELP

988 Suicide & Crisis Lifeline — Call or text 988. Available 24/7.

Crisis Text Line — Text HOME to 741741. Available 24/7.

You are not a burden. You are worth the call.

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