



CORNERSTONE

INTERNATIONAL CHRISTIAN CHURCH

GATHER · PRAY · GO

FAMILY ALTAR

Devotional Digest
(Week 9)

CoViD-19

As CoViD-19 persists,
it is our duty to join God in
His mission even in the confines
of our homes, by strengthening
the family, interceding for one
another, and seeing His glory
through the times.

CICC's OIKOS Ministry
hopes that through this
weekly devotional digest,
we share this post to fel-
low CICC-ers to read and
discuss together in our
homes as one body
and in one Spirit.

CICC - OIKOS



FAMILY ALTAR

BIBLE CHARACTERS & DEPRESSION

The coronavirus has created a domino of country lockdowns with indefinite periods of quarantine for all. It has ravaged millions of people physically. Not known to many, it has left many more with varying degrees of depression. Depression is nothing new in the Bible. A host of characters have gone through the darkest of times. They know the pit of depression. Yet God's grace saw them through.



DAY 1

ELIJAH - FLEEING FOR HIS LIFE

*“The LORD is my rock and my fortress and my deliverer,
my God, my rock, in whom I take refuge.”*

READINGS:

1 Kings 19:1-9; Psalm 18:1-2, 16-19

QUESTIONS TO PONDER:

1. What experience did Elijah undergo that made him desire to die?
2. How did God minister to him in his depression?
3. How do we help ourselves when we feel depressed, especially concerning work or difficulties that overwhelm us?

PRAYER: O LORD, God of hosts, we pray for those overwhelmed by work and are suffering depression. You are our rock, fortress, deliverer, and refuge. Lift our burdens even as we trust in You to work in our lives. For Christ's sake, Amen.



DAY 2

DAVID - DROWNING IN GRIEF

“I am weary with my sighing; every night I make my bed swim. I dissolve my couch with my tears.”

READINGS:

2 Sam. 18:9-15; 19:1-4; Psalm 6:2-8

QUESTIONS TO PONDER:

1. How did David react to the death of his son Absalom? Why was he seemingly inconsolable?
2. How does grief play a role in our feelings of loss, aloneness, and depression?
3. How honest was the Psalmist David in his grief? How do we, at such moments, demonstrate our honesty before the LORD?

PRAYER: Merciful Lord, we thank You that we can be real with our feelings of desolation and despair. You empathize with us. Grant us the abundance of Your refreshing grace that enable us to cope with our situation. In the matchless name of Christ, Amen.



DAY 3

JEREMIAH - WEeping WITHOUT END

*“Why are you in despair, O my soul?
And why are you disturbed within me? Hope in God...”*

READINGS:

Jeremiah 19:1-8; 20:14-18; Psalm 43:2-5

QUESTIONS TO PONDER:

1. Jeremiah was called the weeping prophet. What message did God give to him to deliver to the kingdom of Judah?
2. How do alarming events and crises affect you over a prolonged period?
3. What hope do we have in these uncertain times?

PRAYER: Most sovereign LORD, we are experiencing unprecedented times and see no end in sight to this pandemic. May we focus on Your goodness and grace instead of the despair and gloom around us. We ask this in the merciful name of Jesus, Amen.



DAY 4

JOB - WORSHIPPING IN AGONY

*“How blessed is he who considers the helpless;
the LORD will deliver him in a day of trouble.”*

READINGS:

Job 1:13-22; Psalm 13:1-6

QUESTIONS TO PONDER:

1. Share a moment of tragic or personal loss in your life or someone you know. What symptoms of depression have you detected or observed?
2. What perspective should we take about the tragedies of life? How did Job react to his losses?
3. How can we pray for those undergoing depression at this time?

PRAYER: O LORD, our God, some of us have experienced tragic loss through this crisis. We pray Your soothing grace will grant healing to hearts broken by the loss of loved ones. We trust Your perfect time of refreshing. In Jesus' loving name, Amen.



DAY 5

PAUL - AFFLICTED BUT NOT CRUSHED

“Now we who are strong ought to bear the weaknesses of those without strength and not just please ourselves.”

READINGS:

Rom. 15:1-7; 2 Cor. 11:23-28; Col. 4:7-12

QUESTIONS TO PONDER:

1. Describe some of the hardships that the apostle Paul underwent throughout his ministry.
2. What does he tell believers about those who are weak and discouraged?
3. How did fellow workers help Paul while he was in prison? In what practical ways can we minister like Paul's friends to those going through depression?

PRAYER: Heavenly Father, move us with compassion, so we might reach out to those emotionally downcast. Strengthen our hearts even as we strengthen other's spirits with the comfort we have received from You. In the glorious name of Jesus, Amen.

