

Depression

By Kirsten

Depression is a big black hole. You climb up a few feet to get out but fall back in deeper when trying on your own. It feels awful. You don't feel like doing anything. It comes over you in waves and consumes you. You are incredibly sad. It hurts, sometimes physically. Despondency, despair, helplessness, hopelessness and the feeling of being unable to go on are prevalent. It is overwhelming. God seems very far away and you can't even talk to Him. This is how depression feels.

How depression feels and the truth are two very different things. In truth what depression is...is a lie from the enemy. It is an uncontrolled self focused condition. A culturally accepted pity party. And the only way out is by making choices and standing on the truth rather than how you feel... with God's help.

(Psa 40:1-3 NIV) I waited patiently for the LORD; he turned to me and heard my cry. {2} He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. {3} He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD.

Here is how to do this step by step. It seems almost too simple. But, I promise you, if you do this it WILL work.

(A)First you make the choice to live God's way and walk away from depression. You must state out loud to God that you WANT out of this depression. This will be followed by many small choices through the next days. At each choice you will decide to walk out of depression or stay in it. It is YOUR choice. You will make mistakes, especially at first, but the more you practice the easier it gets until it is no longer a battle. It is easy. You will no longer struggle with these feelings or depression.

(B)Now is a good time to have someone (two people at minimum) lay hands on you to break the spirit of depression and any other hold satan has on you. This will make it a little easier for you to see clearly God's truth. satan is the great deceiver and author of all lies.

(C)You need to tell God exactly what is bothering you. Tell Him how you feel even if it includes feeling abandoned by Him. He already knows what your troubles are. He just wants you to tell Him, so He can help you. Notice in the Psalms, David (a man after God's own heart) cries out because he feels deserted, depressed, hopeless, and afraid etc. David's own son was after him to kill him at one point....BUT notice after David pours out he FEELS to God he ends in stating the TRUTH. The truth in those Psalms is that God loves David, He will save David and protect David. That God is good and has given David all he needs. (See Psalms 2 to 20)

(Psa 34:17-20 NIV) The righteous cry out, and the LORD hears them; he delivers them from all their troubles. {18} The LORD is close to the brokenhearted and saves those who are crushed in spirit. {19} A righteous man may have many troubles, but the LORD delivers him from them all; {20} he protects all his bones, not one of them will be broken.

(D)Next you need to forgive anyone, including God, who has hurt you. If someone has died forgive them for leaving you and God for allowing it. If you feel you have been dealt a lousy life you need to repent of unthankfulness and forgive God and anyone else involved. See forgiveness chapter for how to forgive.

(E)Now you that you can see the truth you need to ask God's forgiveness for your sin. If you are depressed your sins probably include: self pity, unthankfulness to God for what He has given you, unbelief in God's ability to take care of you, Not trusting His judgement in what He allows in your life. Letting your feelings run you and your life rather than standing on His truth. Many of your current problems are probably mostly a result of your choices, not God's. Repent of this too. Do not limit yourself to this list, repent of anything you need to.

(F)Now it is time to thank God for all He has given you, and all He has done for you. Do this even if you don't FEEL like it. Do you have a warm, safe house? Do you have enough to eat? Do you fear for your very life... ever? Do you have parents who love you? Did Jesus die on the cross to save you? Do you have any friends? Has God given you any talents? Has He given you success in anything? Has He let you live? You get the idea. You say "thank you" for these things even though you don't FEEL it. You can also sing praise and thankful songs.

After all these things are done the BIG decision work is over. Now, how to keep making the right choices day by day.

When you wake up thank God for letting you live one more day and for anything else, no matter how little, you can think of. Ask Him to show you what He has for you today and what He wants you to do for Him.

When feelings of depression come;

1. Rebuke them in the name of Jesus. I rebuke the feelings of depression and..... in the name of Jesus.
2. Repent. Ask God to forgive you for being ungrateful. Look at what God has done for you. How can you justify being depressed? Lord, I repent for focusing so much on myself and my feelings. I will stand on your truth instead.
3. Thank God for everything. Lord thank you for taking care of me, for the sunshine, for sending Jesus to die for me.... anything even if you have to search...you get the idea.
4. Praise God. Sing praise songs or state how great He is. God you are the creator of the universe, how great that is ...and You are. You are so good to me who deserves nothing.....Quote scripture
5. Change your mind. Do something to get your focus off yourself. Do something for someone else. Do physical work, homework, call someone, go outside and put your feet in the dirt, read...anything. You can even just change your thoughts on the spot.

The first four steps can be done in a split second as soon as you recognize your trouble. I know this because I have to do it often at times. The fifth step sometimes takes an act of the will. You can do this especially if you ask for God's help. He will never let you down especially when you are trying to walk in obedience to Him.

(Psa 42:11 NIV) Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

When something bad happens to you;

Imitate David. Pour your heart and feelings out to God. BUT, do not forget to end in stating the truth. Read Psalms 2-20. Begin by stating who God is. Praise God! He let your heart continue to beat didn't He? Thank him for the situation that caused these feelings. Ask Him to make some good come out of it. Repent for focusing so on YOUR feelings. Continue to praise. You must do this even if you don't feel like it. It is a CHOICE....not a feeling to praise God. Feelings of praise and thankfulness WILL follow though.

In the Bible the first mention of depression is Cain. You can read about this in Genesis. He brought an unworthy offering to God and then got mad and depressed because God did not accept it. In depression this is often what we do. Be careful to recognize YOUR sin in being depressed. Cain killed as a result of his.

In the Bible it encourages us to think of others before ourselves in just about every book. (Note the 1st commandment and the greatest of all commandments- To love the Lord your God with all your heart..... and to love your neighbor as yourself.) Jesus talks about this over and over, as does Paul. "Think nothing of yourself," Paul says. Paul thought very little of himself. In my mind if anyone had reason to think highly of himself it was Paul.

Our culture today encourages us not only to take care of #1, but to lavish and focus on ourselves. Ie: how we look, what we wear, what others think of us.... This can only lead to extreme self focus and end in depression. Contrary to this, in the Bible it says not to worry about what you will wear or eat, do not worry about yourself at all. Just do the will of God and He will take care of those things.

It is best for us to be MOST worried about our insides. Are we pleasing to God? Are we doing what He wants us too? Are we properly thankful for what He has done for us? If you live by these principals others will think highly of you. What glows from your heart and face will far surpass anything you put on the outside, no matter how cool. You will never achieve perfection ie: being pretty enough, skinny enough, well dressed enough, well thought of. All these things fade quickly with time anyway. But, relationship with God and doing what He wants will never fade, it lasts for eternity. With this God focus depression will be far from you.