



Word of God Ministry Church Under The Son

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Depression

Depression may be responsible for more pain and distress than any other affliction of humanity. Depression is an emotional condition characterized by feelings of hopelessness, inadequacy, gloom, dejection, and sadness. Depressed people have difficulty in thinking and concentrating and tend toward inactivity. They have a negative self-image, often accompanied by feelings of guilt, shame, and self-criticism.

Some depression is physiological and needs to be treated medically. Other times depression can be triggered by difficult life circumstances. Often depression is the result of unconfessed sin.

If you struggle with depression, the first step is to be certain of your relationship with God. If you have never invited Jesus Christ into your life as Lord and Savior, or if you have already committed your life to Christ but are not sure of where you stand with God, then speak with the Pastor.

- Resulting From Sin

Psalm 32:3-5 ³When I kept silent, my bones grew old Through my groaning all the day long. ⁴For day and night Your hand was heavy upon me; My vitality was turned into the drought of summer. *Selah* ⁵I acknowledged my sin to You, And my iniquity I have not hidden. I said, "I will confess my transgressions to the Lord," And You forgave the iniquity of my sin. *Selah*

In these verses, King David expresses the anguish he experienced when he was silent about his sin. Sometimes symptoms of depression are a result of unresolved anger, resentment, self-pity, or other unconfessed sin. Recognizing and dealing with sin and guilt in your life can help bring real and lasting solutions.

Proverbs tells us, "He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy" (Proverbs 28:13).

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The guilt you feel over unconfessed sin comes from the Holy Spirit convincing you to repent. This is because sin separates you from God. God's desire is to be in close relationship with you. In order to experience forgiveness, you must recognize your sin, confess it to God, and turn away from it.

- Resulting From Difficult Circumstances

Psalm 13:1-6 ¹How long, O Lord? Will You forgive me forever? How long will You hide Your face from me? ²How long shall I take counsel in my soul, Having sorrow in my heart daily? How long will my enemy be exalted over me? ³Consider and hear me, O Lord my God; Enlighten my eyes, Lest I sleep the sleep of death; ⁴Lest my enemy say, "I have prevailed against him"; Lest those who trouble me rejoice when I am moved. ⁵But I have trusted in Your mercy; My heart shall rejoice in Your salvation. ⁶I will sing to the Lord, Because He has dealt bountifully with me.

Sometimes depression is triggered by difficult circumstances, such as a rebellious child or the loss of employment. In these cases, depression is due to an inability to trust God fully. You are not alone in your suffering; God cares and will not leave you alone (Proverbs 3:5, 6).

Jesus Christ not only bore your sins but also your sorrows and heartaches. Recommit to the relationship you have with God and determine to be responsive and obedient to God's will (Romans 12:1, 2).

Depression may also be triggered by a sense of failure --- from setting standards and goals beyond your ability to attain. Goals that others have achieved or set for themselves may not be right for you. The fact that you are depressed may indicate that such goals are unrealistic. Success or failure cannot be measured by any human standard.

The apostle Paul said, "But by the grace of God I am what I am" (1 Corinthians 15:10). Be who you are; ask God to make you into who He created you to be. Learn to accept your strengths and limitations. "For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise" (2 Corinthians 10:12).

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Ask God to help you rearrange your priorities to be in line with His will and the talents and abilities He has given you.

- Overcoming Depression

Philippians 4:8 ⁸Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy - meditate on these things.

Fill your mind with the things of God - read and study the Bible. This will teach you the will and ways of God and bring you inner peace (Isaiah 26:3; Romans 12:2).

Spend time with God in prayer every day. Acknowledge God's greatness and who He is; thank Him for what He has done in your life. Bring your concerns to Him. Confess your sin and ask the Holy Spirit to reveal to you any sin you are not aware of. Pray for God's protection over your life, for deliverance from depression, and believe that He will answer your prayer. *"Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them"* (Mark 11:24).

Talk to the Pastor or a Christian Counselor to help you deal with your depression in the light of God's Word. Cultivate friendships with people who will provide support and encouragement. Become involved in ministry and fellowship at Church. Reach out in service to others. Often taking your mind off your own problems and focusing on others can help give you clearer perspective.

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