

Real Life Church

Care Ministry Minute



HOW TO FACE DEPRESSIONS IN A GODLY WAY!

Life can bring the suffering of a hardship that may result in grief or concern. That is not depression. Pinpointing the cause of depression takes time to discover. Depression can begin when a person, at the end of the period of grief or adjusting to the difficulty, chooses to sit in sorrow rather than lean into God and rely on Him. Depression can develop through a downward spiral caused by choices or a series of choices that go against what the Bible says.



Such choices may include not going to work, not showing kindness to others, not staying rooted the Bible and praying, thinking much about feelings and little about God, eating too much or too little. Instead, we stay home, feels sad, retreat into a world of introspection, blames others, thinks about sad events or feels unloved. Soon, the fruit of wrong choices appears (behind on bills, no friends, problems seem worse, God seems far away, weight is changing). Despair sets in. That is depression.



God gives great hope to Christians. There is a purpose for this day. God's grace is sufficient. His love is real. He will strengthen one who obeys Him. The depressed person can and must choose to believe these promises of hope, no matter how they feel. Change begins when the seemingly insurmountable sorrows are viewed in comparison to the rock-solid promises of God. Trusting in hope from God's promises is the start of overcoming depressed feelings.

Action can then begin. Depression is defeated when we, trusting in the hope from God's Word, reverse the downward spiral. We spend daily time in reading God's Word, begin to get up in the morning and go to work, call and visit friends, and clean up the house and yard. We go to church again, serve others in need, and eat healthy food.

Soon depression fades away. As you grow in your walk with Christ, Life will have purpose again because God is worthy of trust. His love is real. Joy abounds.

Important Note:

* Sometimes depression may be caused by physical factors. Get a thorough physical by a medical doctor to check for thyroid, kidney malfunctions, brain tumors, gout, mononucleosis, diabetes, pituitary malfunctions, improper diet, side effects of prescription drugs or other physical causes.

What To Do!!!

- 1) Read one section of these passages in *Depression: Scripture* at the start of each day. Write your answers to the first three lines in the depression journal.
- 2) Choose to do what you have written. Ask God for His certain help. Remember the truths of the Word all day.
- 3) At the end of each day, complete the rest of the journal. Please fill out the entire journal every day, no matter what.

May God strengthen you to fight depression and rest in true hope that comes from Him.



Depression Scripture:

- Hebrews 13:15** Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.
- James 1:17** Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.
- 2 Corinthians 12:9-10** And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore, I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong.
- Genesis 4:6-7** Then the LORD said to Cain, "Why are you angry? And why has your countenance fallen? "If you do well, will not *your countenance* be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it."
- Romans 8:28** And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose.
- Colossians 3:23** Whatever you do, do your work heartily, as for the Lord rather than for men.
- John 16:33** These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.
- Ephesians 2:10** For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.
- Matthew 7:24-25** Therefore, everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and *yet* it did not fall, for it had been founded on the rock
- Philippians 1:6** *For I am* confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.
- Mark 10:43-45** But it is not this way among you, but whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of

all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.

Psalms 62:8

Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us.

2 Corinthians 4:7-9

But we have this treasure in earthen vessels, so that the surpassing greatness of the power will be of God and not from ourselves; *we are* afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed.

James 1:2-4

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing

Hebrews 4:15-16

For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as *we are*, yet without sin. Therefore, let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

Hebrews 12:1-3

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

John 14:15

If you love Me, you will keep My commandments.

Depression Journal

Day:
Date:

Hope, Purpose, and Truth

The most important things I learned from the Bible study today

Based on God's promises of hope, what is true about my difficult circumstances

How I will replace depression with hope if I believe these promises from God's Word

Actions

Actions I took to obey God by fulfilling responsibilities (including work and serving others)

What does the Bible say about my actions?

The Soul

Events that tempted me to choose thoughts of depression

What Bible verse do I needed to obey and believe at that moment?

What I chose to think and why?

Prayer

Thanks for help to live in hope (John 16:33)

Request for strength to obey God for tomorrow (Hebrews 4:15-16)