

When looking into depression many people suffer from it at one time or another including myself, I had lost my wife, family in part & my job My doctor put me on medication to stabilize me I have nothing against medication as long I we aren't totally dependent on it forever Because we need to be totally dependent on God Maybe you didn't want to hear that but you need to

DO PRESS ON is a play on the words but think a moment about the word DEPRESSION because if you're in it you're DE PRESSED the feeling off something pressing down on you or weighing down on you My first observation is the positive in that DO PRESS ON in other you can go through it as long as you press on & don't stay there Get my drift!

God wants to lift you out of the miry clay It feels like that as if you're stuck in mud (sinking sand) you feel alone But God is their Psalm 40:2 He lifted me out of the slimy pit, out of the mud & mire He set me on a firm place to stand Psalm 69:1-4 the waters came up to my neck, I cried save me & He heard my cry Psalm 61:1 Psalm 124:1 Praise the Lord who has not let us be torn by their teeth We have escaped like a bird out of the fowlers snare it has been broken & we have escaped THE WORD OF GOD DECLARES THROUGH OUR LORD JESUS CHRIST WE ARE LIFTED OUT, WE ARE SAVED & ARE DELIVERED

The enemy is out to rob you & me of love, joy, hope, faith & every good thing When we are attacked it means we are an active Christian not a passive one

Let's take a look at Elijah this amazing man of God who saw God do incredible miracles yet he fell into deep depression How can that be you might ask? Read 1 Kings 18:20 –19:21 We pick the story up on Mt Carmel where Elijah verses 450 Baal prophets Calling down fire was there challenge only God came through & the 450 prophets were slaughtered When Jezebel heard about she sent a message to Elijah, she was going to kill him He ran & walked (29k) & a further (192k) for his life He was physically, spiritually & mentally exhausted He got his faith of God, & was consumed with fear Hed lost his perspective about who his protector was after God came through Would He not do it again? The incredible thing is God never chastened Elijah with his thoughts of suicide but no rather He feed him meeting his physical needs & encouraged him via His angels God meet Elijah where he was at God is no respecter of person's He will do it for you too When we look to the problem, the mountain, the situation or the giants we lose focus that God is bigger than all these

DEFINITION OF DEPRESSION

Depression is a disease, a disorder, not of the mind but of the feelings It has no regard whatever, for who you are or what you do (ie actor Robin Williams) It gets you when you least expect it It creeps up on you slowly It crashes down on you at a high speed You might be able to shake it off for a while back it rears its ugly head You might carry it around for many years If you catch a mild dose you'll probably get by You may even realize you are depressed You feel flat & yuk, like nothing seems to matter much right now But get hit with severe depression & you'll know about it, for sure You don't get by, you go down & stay down Everything becomes too much trouble like eating, drinking, shaving, combing your hair, looking presentable Who cares that you look like something the cat dragged in You lose sleep, feel rotten, hide away, stay in bed all day & sit around crying You suffer but you don't suffer alone Your friends & family all suffer too The simplest task becomes an unbearable pain in the butt Getting up, dressing, having breakfast, going to work or sending the kids to school is a huge task You don't cope with your daily routine, the dishes pile, the lawns & garden are left Deadlines panic yo, easy decisions become

enormous tasks You can't seem to make decisions, you can't plan ahead & can't handle responsibility You're not into idle chitchat, you just want to be left alone, watching or rather glaring at the tv You feel unloved, a burden & a waste of space It doesn't discriminate between sexes Dr James Dobson says ' it does however occur less frequently in men as they are apparently more crisis oriented' In other words men get depressed over specific problems, such as a business setback or illness Woman because of their physical issues are prone to highs & lows due to their emotional state Some can experience higher highs & lower lows, while others don't have the extremes at all We all have to handle the personally we are given, if you have a depressive personality, the positive is that their personality type means they are sensitive & caring, helping of other people

INSIGHT FOR HELPERS Love is the cure for depression but a depressed person is hard to love Working with these people can be very draining & frustrating They send out 'keep away' messages Because they are afraid of intimacy, yet they really are crying out for love the exact opposite Depression doesn't last forever, although try telling that to a person whose in the middle of depression Encourage them to take small steps (chores) regularly Keep in mind people who struggle with depression they don't need your advise, they just need someone to listen to them

So let's have a look at Depression to understand whets going on

TIGGERS OF DEPRESSION situations such as I have mentioned martial issues, family problems, loss employment, loss ministry, financial problems, sexual hang-ups, health dramas But their can be other issues known or unknown such as a family history of mental problems, depression or associated issues that are affecting you Now these could be generational the Bible says to 3rd & 4th generation, if you can find out any history on both sides of your family this could prove interesting But their maybe psychological dramas that have happened such as an accident, adoption, frightening experience, birth drama to name a few Its important to find the triggers in order to help address your depression

SYMPTOMS OF DEPRESSION sluggishness, headaches, chronic fatigue, arthritis, low self-esteem, panic attacks, indecision, lethetic, addictions (alcoholic, drugs, gambling, sexual) schizophrenic, Mark 5:15a mental & phycological issues

CAUSES OF DEPRESSION (unresolved emotions) mental & physical strain, guilt Gen 4:5-7; Isa 53:4,5. disordered childhood, impaired relationships, unmet needs of love & acceptance, loneliness, grief, resentment causing self-pity, exhausted & weak Jonah 4:1-3

HOW TO BE PERFECTLY MISERABLE (Guaranteed to be infallible) Think about yourself, talk about yourself, use I as often as possible, mirror yourself continually in the opinion of others, listen to what others say about you, expect to be appreciated, be suspicious, be sensitive to what others are saying, never forgive, trust no one but yourself, sulk if others don't appreciate your helping them, shirk your duties, do as little as possible, love yourself & be selfish

MARTIN LUTHERS CURE FOR DEPRESSION Avoid being alone, seek out people generate joy, Sing & Praise God, dismiss heavy thoughts, reply upon the promises in Scripture, Seelk consolations with someone who can help you, be thankful in all situations, help other depressed people, Exercise, believe that you are going to get through this season

MY CHRISTIAN DOCTORS PRESCRIPTION Read a Psalm a day, Praise & Worship at the beginning & end of the day, Pray for a least one other person a day & seek help to help someone who is facing their own difficulties, 'A joyful heart doeth good like a medicine' take a dose daily In essence she was saying get your eyes of yourself & onto God who is greater than what you are facing Focus on others who need you which I did as well as exercise A healthy body is a healthy mind

HOW TO GET OUT OF THE WEB OF DEPRESSION

1 RECOMMITMENT yourself to God Romans 10:9

2 DECLARING He alone is your help & strength for without Him I am lost Psalm 46:1

The power of confession is essential

3 BREAK ANY SPIRIT OF DEPRESSION renounce any demonic attachment or opposition known or unknown, break generational curses of depression & mental illness over your life & family Be mindful depression is a dark place but God wants to shed His light thus dispensing with the darkness

Isaiah 10:27

4 PROCLAIM VICTORY through the Blood of Jesus Christ Ephesians 1:7

Thank you Lord, for the Blood of Jesus I proclaim that Satan has no place in me, no power over me, no unsettled claims against me All has been settled by the Blood of Jesus And I intend to declare this over & over again Amen (Derek Prince)

5 CLAIM PROTECTION hedges around us/home Psalm 3:3 shield wall of protection but if we sin we open it up Job 1:10

6 GIVE THANKS with a grateful heart

Acts 16:25,26 singing praises in prison eventually the prison doors were open

7 PURPOSE to be accountable to someone also do something practical as above play praise & worship music daily, read a psalm daily, exercise, help someone less fortunate than you weekly, see Doctor regularly, pray for others daily, healthy diet, set goal as to when you can look at getting/lowering your medication by (as long as you keep disciplined in your activities) & in consultation of your doctor God is very practical & He expects us to be also

FINAL WORD When you're out of your wilderness You will be better off having gone through it You'll be able to help others facing what you faced You'll have a different perspective of God & how you see things will become a lot clearer You'll will have become the helped to the helper with the Holy Spirits enabling

St Augustine 'You have made us for yourself, O God & our hearts are restless till we find our rest in You'

Dr Paul Tournier 'All my experience has taught me, the limitations of medicine & psychology because the Supreme & Universal need of man is to find God'

DO PRESS ON (DEPRESSION)	
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