

CONQUERING DEPRESSION

SCRIPTURE - Proverbs 12:25 Anxiety in the heart of man causes depression, But a good word makes it glad.

INTRODUCTION

A. THE ONLY TIME THE WORD DEPRESSION IS USED IN NKJV - Proverbs 12:25
Anxiety in the heart of man causes depression, But a good word makes it glad.

B. PROGRESSIVE SYMPTOMS OF DEPRESSION

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| 1. Passiveness | 10. Fatigue |
| 2. Loss Of Interest | 11. Over Or Under Eating |
| 3. Pessimism | 12. Increase In Use Of Alcohol Or
Drugs |
| 4. Hopelessness | 13. Poor Concentration |
| 5. Self-Deprecation | 14. Hypochondria |
| 6. Withdrawal | 15. Suicidal Tendencies |
| 7. Pre-Occupation With Self | 16. Sudden Improvement |
| 8. Dislike Of Happy People | 17. The Call To Death |
| 9. Change Of Personality Or Habits | |

I. BELIEVE GOD IS GREATER THAN YOUR PROBLEMS AND CIRCUMSTANCES

- A. Ephesians 3:20 Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us.
- B. Said the Robin to the Sparrow, "I should really like to know
Why these anxious human beings Rush about and hurry so."
Said the Sparrow to the Robin, "Friend, I think that it must be
That they have no Heavenly Father Such as cares for you and me."
Elizabeth Cheney

II. TURN ALL YOUR PROBLEMS OVER TO HIM IN PRAYER

- A. Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; {7} and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
- B. 1 John 5:14-15 Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us, {15} And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

III. BELIEVE GOD CAN WORK YOUR PROBLEMS FOR GOOD - Romans 8:28 And we know that all things work together for good to those who love God to those who are the called according to His purposes.

IV. RECOGNIZE THAT DEPRESSION IS SELF PITY AND SINFUL; DEPRESSION PUTS YOU FIRST RATHER THAN GOD AND OTHERS. - Philippians 2:3-4 Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. {4} Let each of you look out not only for his own interests, but also for the interests of others.

V. REALIZE THAT THINGS WILL NEVER ALWAYS GO YOUR WAY - Acts 14:22b "We must through many tribulations enter the kingdom of God."

VI. ACKNOWLEDGE THAT THERE IS NO VALID EXCUSE FOR STAYING DEPRESSED -

Ephesians 1:3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ.

VII. GET UP AND GET OUT, FACE REALITY AND LIFE - Ecclesiastes 9:10 Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you are going.

VIII. CONFESS AND FORSAKE SINFUL THOUGHTS AND ACTIONS - 1 John 1:6-10 If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth, {7} But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin. {8} If we say that we have no sin, we deceive ourselves, and the truth is not in us, {9} If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. {10} If we say that we have not sinned, we make Him a liar, and His word is not in us.

IX. GET YOUR PRIORITIES IN PROPER ORDER – JESUS, OTHERS, YOU - Matthew 6:33 "But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

X. THINK ON GOOD THINGS - Philippians 4:8-9 Finally, 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, {9} The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

XI. DON'T SEPARATE FROM YOUR SPIRITUAL FAMILY - Hebrews 10:24–25 And let us consider one another in order to stir up love and good works, ²⁵ not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

XII. LEARN TO LIVE ONE DAY AT A TIME

- A. Psalm 118:24 This is the day the LORD has made; We will rejoice and be glad in it.
- B. Anxiety does not empty tomorrow of its sorrows but only empties today of its strength – Spurgeon.
- C. Our problem is not so much the trouble of today but combining it with yesterday and tomorrow.

CONCLUSION

- A. We all face situations which may bring periods of depression.
- B. There is nothing wrong with having these feelings occasionally.
- C. However, if we dwell on these things to the extent that it affects our normal activities of life, it is a good indication that we have a problem.
- D. Worry - a God, invisible but omnipotent. It steals the bloom from the cheek and lightness from the pulse; it takes away the appetite, and turns the hair gray. - Benjamin Disraeli
- E. As is true with most problems, the quicker we recognize that we have depression the easier it is to overcome it.