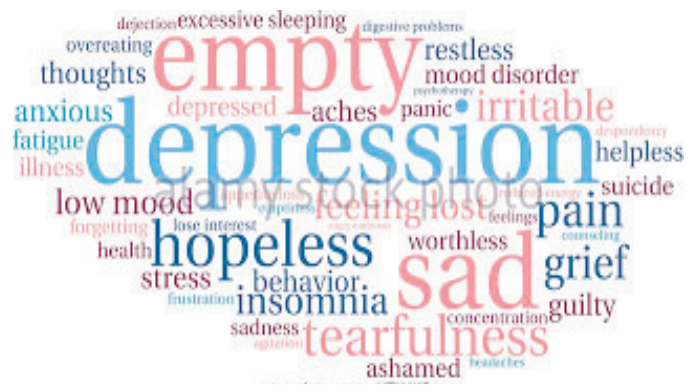


Some Help For...
...Overcoming Depression!



1



2

Key Facts About Depression:

Depression is a common mental disorder.
 Depression is a leading cause of disability worldwide.
 The World Health Organization estimates that over 300 million people of all ages suffer from depression.
 More women are affected by depression than men.
 Depression can lead to suicide. Close to 800,000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29 year olds.
 India is the most depressed country in the world, according to the World Health Organization, followed by China, United States, Brazil, Indonesia, Russia, and Pakistan!



3

DEPRESSION IDENTIFIED:

REJECTED "Our spirit is being pressed down by either guilt, bitterness, rejection, bad decisions, identity confusion, things we can't control, or a chemical imbalance. This leads us to unhappiness and gloominess that causes us to be unsure about ourself, tomorrow, and the true purpose of living."
FEELING HOPELESS
VICTORY is ...
 "Gaining happiness and contentment by finding **ASSURED** solutions for our depression, being sure of who we really are, and finding our true purpose in life."
PHIL 1:21, 3:10

4

REALIZE NOT EVERYBODY WANTS HELP! However, We All Fail Due to 5 Reasons:

- 1. No Target: Men love darkness rather than light!** "I shot an arrow into the air, It fell to earth, I knew not where!" - H.W. Longfellow
- 2. Failure To Plan: We feel trapped and don't move!** "Those who fail to plan, plan to fail!"
- 3. No Motivation: We pity our plight!** "So be miserable... or motivate yourself. Whatever happens... its your choice!"



5

4. Lack of Commitment: Unbelief!

When an archer misses his mark, he has to look to himself for the fault because the target never moves! He must believe that he can improve his aim by working at it!
5. Not Seeking Help: No one cares about ME! We are people who lack knowledge and understanding! We need to seek out assistance so we can succeed!
 "Oops!"
 "Woe is me!"
"Don't let depression define your life!" - E.W. Albaugh. Head in the right direction with the first step!



6

STEP 1 "I NEED HELP FOR GUIDANCE!"

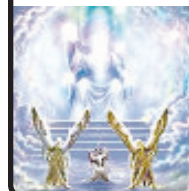
"No amount of travel on the wrong road will lead you to the right destination!"
"A closed system cannot solve itself."
 When my marriage begins to fail, I need a counselor!
 When the car breaks down, I need a mechanic!
 When I am sick, I need a doctor!
 When I sin, I need a Savior!
And when I am depressed, I need an ENCOURAGER!
Without outside help, I cannot make it in life!
BE ENCOURAGED: ["Uplifted by another"] "Gaining a sound mind that is rational, reasonable, and responsible for every word, thought, attitude, action, and deed."



7

ENCOURAGING A DEPRESSED HEART:

"COURAGE" means "to have the heart of God" [the Bible] or to have "a heart of strength" **Power!**
"ENCOURAGE" means "to give someone the heart of God" or "to give someone a heart of strength". **Cheer!**
"DISCOURAGE" means "to take away the heart of God" or "to take away the heart of strength". **Depress!**
"By one hour's intimate access to the throne of grace, where the Lord causes His glory to pass before the soul that seeks Him, you may acquire more true spiritual knowledge and comfort than a day's or week's converse with the best of men, or the most." - John Newton



8

STEP 2 **YOU MUST MAKE IT A GOAL!**

"Believing is the magic key to take you where you ought to be!" - JEA

"The journey of a thousand miles begins beneath one's feet." - Lau Tzu.

"Our doubts are traitors and make us lose the good we oft might win fearing to attempt." - William Shakespeare.

"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand." - Vince Lombardi




SET YOUR GOAL: "I Want To Overcome Depression!"

GET TO WORK: "I Will Get Help, Information, And Focus On The Solution!"

MY PLAN: "This Is How I Overcome Depression!"

STICK TO YOUR PLAN: "I Won't Allow Setbacks To Discourage Me From Achieving My Goal!"

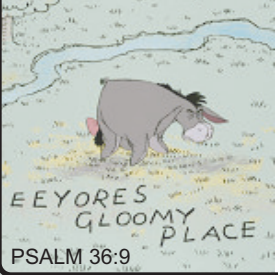
REACH YOUR GOAL! "I Will Use My Victory Over Depression To Be An Encourager And Help Others! This World Has Enough Critics Already."



STEP 3 **Identify Symptoms of Depression**

unhappiness · the blues · bitterness · withdrawal
 melancholy · sadness · sorrow · dejection · upset
 · gloominess · low spirits
 · despondency · despair
 · a heavy heart · tearfulness
 · suffering from abuse · woe
 · the dumps · hopelessness
 · misery · seasonal disorder

"You'll never leave where you are, until you decide to GO where you would rather be!" Stop camping in the valley of gloom & move out: "In thy light shall we see light."




STEP 4 **Defined For Us!**

The word "depression" comes from Latin: *deprimere* "to press down"

"Therefore depression is a disorder in our spirit which when not challenged, resisted, or admitted to, depresses our ability to understand, think, and act in a reasonable, rational, and responsible way.

This problem disorients our normal perception, behavior, and interaction with others."



There are 3 Categories of Depression:

Spirit,
Soul,
& Body

Depression affects us three-fold:

(A) Our spiritual being toward God.
 (B) Our soulful mind toward ourself and others.
 (C) Our physical being with ourself and others!

THE SKY HAS FINALLY FALLEN
 HOPELESSNESS



A SPIRITUAL DEPRESSION

When we sin, our conscience reproves us by pressing us down with guilt. Without repentance, we become self righteous. Religious idolotry occurs when we balance the guilt with good works. This "new equality" allows us to be in charge. Also we can become atheists by covering up our guilt.

When our "rights" are offended, we become bitter which leads to immorality!

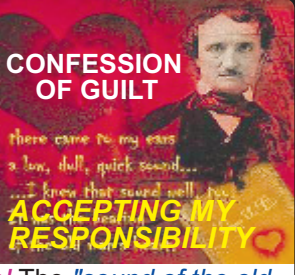



In 'The Tell-Tale Heart' by Edgar Allan Poe, 1843, the narrator confesses that he has murdered an old man and hides the body under the floorboards of his chamber: **The perfect crime!** After he has concealed the body, there's a knock at the door: it's the police! His spirit is depressed by his conscience! The "sound of the old man's beating heart" drives him to confess his crime.

"I admit the deed! Tear up the planks! here, here! --It is the beating of his hideous heart!"

CONFESSION OF GUILT

there came to my ears a low, dull, quick sound... I knew that sound well...
ACCEPTING MY RESPONSIBILITY



B SOUL DEPRESSION In our soul, we try to balance our bitterness with philosophy, "-isms", or creeds from others that we cling onto as our self wisdom! Our soul was never designed to carry or handle guilt and bitterness!

God allowed Pharaoh's heart to be hardened by giving up on trying to reason with him about his sin and gave him over to a reprobate mind. He perished in the Red Sea pursuing after Moses & Israel.
 - Exodus 5:2, 7:3, 14:27-28;
 Isaiah 1:18; Romans 1:18-32



C PHYSICAL DEPRESSION

Some depressions occur when there is a **chemical imbalance** in the body and medication is needed from a doctor.



In the US, about 1 in 9 moms suffer from **postpartum depression** (PPD), which is depression after the baby is born. Again, a doctor's help is needed. 😞

Elijah the prophet experienced depression when he used up all his **emotional energy** challenging Israel to believe on the real God who answers prayer! He even despaired of his life to the point of wanting to die! **1 Kings 17-19**



17

Outside Sources Affect Our Spirit!

Events such as separation, rejection, divorce, development of an illness, death of a loved one, or a job loss may trigger depression. However, if a person doesn't deal with the cause of stress, major depression can set in.



The inability to cope and rise above these events can lead to being paralyzed, immobile, wallowing in gloominess or just running away.

Uncle Remus said to Br'er Rabbit:

"You can't run away from trouble. There ain't no place that far."



18

THE MOST DEPRESSED PERSON OF ALL: Jesus Christ

"He was in the world, and the world was made by Him, and the world knew Him not." John 1:10-11 "He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from Him; He was despised, and we esteemed him not. He was oppressed, and He was afflicted, yet He opened not His mouth: He is brought as a lamb to the slaughter," Isa 53:3-7 He was deserted, denied, and betrayed by His disciples. He was hated and persecuted in this world. He had a false trial, beaten, mocked, scourged, and crucified.



"We have turned every one to his own way..." Isa 53:6

19

STEP 5 How JESUS Handled Depression! WWJD

He **focused** on his life's purpose: "This is **life eternal**, that they might **know thee the only true God**, and **Jesus Christ, whom thou hast sent.**" - John 17:3

He **kept in PRAYER** - Matthew 14:23

He **read and meditated** in the Bible daily - Heb 10:7

Psalms for knowing the heart of God
Proverbs for seeking the wisdom of God
Ecclesiastes revealing the vanity of man

He **preached** the good news of God's kingdom.

He **encouraged** others through teaching & healing.

He **forgave** the disciple who **denied** him - John 21

He **restored** those disciples who **deserted** him.

He **reached out** to the disciple that **betrayed** him.

"Be of good cheer; I have overcome the world." John 16:33

20

HOW JESUS TAKES AWAY OUR DEPRESSION

Everything that **depresses our spirit** was put **in his blood** and shed on the cross of Calvary.

Jesus "**bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.**" 1 Pet 2:21-25

In Jesus's gospel, we are lifted up from depression!

"Crucified **with Christ**" - Gal 2:20

"Buried **with him**" - Romans 6:4

ROMANS 8:10

"**Raised us up together, and made us sit together in heavenly places in Christ Jesus**" Ephesians 2:6

"**Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me**" Psa 23:4

21

STEP 6 Encouragement To Move Forward!

"**The entrance of thy words giveth light**" Psa 119:130



"**Worrying does not empty tomorrow of its troubles, it empties today of its strength.**" Corrie Ten Boom

"**In my distress I cried unto the Lord, and he heard me.**" Psalm 120:1

"**If you look at the world, you'll be distressed.**"

"**If you look within, you'll be depressed.**"

"**If you look at God you'll be at rest.**" Corrie Ten Boom

"**Thou wilt show me the path of life: in thy presence is fulness of joy**" Psa 16:11

"**The fruit of the Spirit is love, joy, peace**" Gal 5:22-25 **NO depression in Christ's Spirit!**

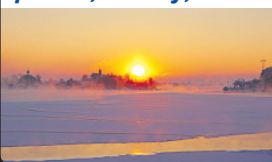


22

The Sun Rising Upon Our Dark World Is Our Comfort!

"The People which sat in darkness saw **great light**; and to them which sat in the region and shadow of death **light is sprung up.**" Matthew 4:16

"Contrasts are suited to illustrate and strengthen the impression of each other. **The happiness of those, who by faith in JESUS, are brought into a state of peace, liberty, and comfort,** is greatly enhanced and heightened by the consideration of that previous state of misery in which they once lived, and of greater misery to which they were justly exposed!" Quote by John Newton - "**Amazing Grace**"



23

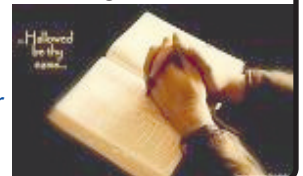
"**Thy word is true from the beginning: And every one of Thy righteous judgments endureth for ever.**" Psa 119:160

Worry and depression are blind, and cannot discern the future; but Jesus sees the end from the **beginning.**

In every difficulty He has His way prepared to bring us relief. Our heavenly Father has a thousand ways to provide for us, of which we know nothing!

"**I will even make a way in the wilderness, and rivers in the desert.**" Isaiah 43:19

"**Call unto Me, and I will answer thee, and show thee great and mighty things...**" Jeremiah 33:3



24

STEP 7**Our Acceptance**

"God, Grant me the serenity to **accept** the things I cannot change; **courage** to change the things I can; and **wisdom** to know the difference.



"In everything by prayer and supplication with thanksgiving let your requests be known unto God." Phil 4:6



Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
 Taking, as He did, this sinful world as it is, not as I would have it;
 Trusting that God will make all things right!"

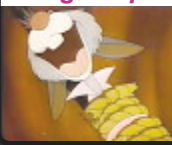
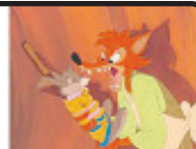
The Serenity Prayer



26

STEP 8**Plan A Way To Escape!**

In Joel Chandler Harris's stories of "**Uncle Remus**", we find Br'er Rabbit captured by wily Br'er Fox and dim-witted Br'er Bear, who plan to have him for dinner! But instead of panicking, Br'er Rabbit starts to laugh out loud! When they ask him why he is laughing, he tells them about his "**laughin' place**". Out of curiosity, they let him lead the



way, only for Br'er Rabbit to walk them straight into a cave with bees! When his captors are stung, Br'er Rabbit escapes!



26

Create Your Own "Laughing Place"!

Just like Br'er Rabbit, we all need a "**laughing place**" to escape from the world and all of it's problems. We may be fighting against many battle fronts with no hope of relief in sight! **So we need a special place** where we can go to get some relief!! This place is where we can enjoy our favorite drink and food, relax and enjoy a good book, a game, or movie! Superman



has his "**Fortress of Solitude**", Batman has his "**Batcave**", and Sherlock Holmes his "**living room den**"!



27

STEP 9**Every Day We Have 2 Choices:**

STAY DEPRESSED AND DO NOTHING! "Live life our way which separates us from God." ?

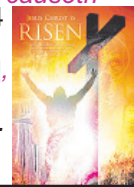
CHOOSE VICTORY IN JESUS CHRIST: "But thanks be to God, which giveth us the **VICTORY** through our Lord Jesus Christ." I Corinthians 15::57

"**NOW** thanks be unto God, which **ALWAYS** causeth us to triumph in Christ..." II Corinthians 2:14



"Come unto **ME**, all ye that labour and are **heavy laden** [depressed], and I will give you rest." Matt 11:28

"He has given assurance unto **ALL MEN**, in that He has raised Him from the dead." Acts 17:30

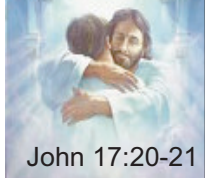


28

BE LIFTED UP... COME TO HIM:

"Dear God, I know **Jesus paid my sin penalty on the cross with His shed blood**. His resurrection from the dead is **my faith** for the forgiveness of **ALL** my sins. **I NOW quit trusting in myself for salvation**. I personally receive and believe on the Lord Jesus Christ as my Savior. Thank you for saving me from my sin and giving to me the gift of eternal life! Amen."

"... I ...pray for them ...which shall believe on Me"




John 17:20-21

Sign: _____ Date: _____
 Your Witness: **Jesus Christ (Rev 1:5)**

29

Begin to Build a Faith Relationship With God:

- Daily let God talk to you through the Bible:** "But grow in grace, and in the knowledge of our Lord and Savior Jesus Christ." II Peter 3:18 "Desire... the Word" I Peter 2:2
- Pray** asking for God's help with problems, needs, stress, direction, relations, doubts, thankfulness... etc. "**Casting all your care upon Him for He cares for you.**" I Peter 5:7
- Daily confess known sins to God:** You can't lose eternal life, but **sin** will break your fellowship with God. "**If we confess our sins He is faithful... to forgive us our sins and to cleanse us...**" I John 1:9 Fellowship **is** restored!
- Share the good news of God's love in Jesus with others:** "**Love... as I have loved you.**" John 13:34 

30

5. **Stay away from evil:** Avoid evil people for friends, bad books and wrong thoughts. "**Be not deceived: evil communications corrupt good manners.**" I Corinthians 15:33

6. **Join a Bible believing Church:** Be faithful in attending, and serve the Lord with gladness. "**The Lord added to the church daily such as should be saved.**" Acts 2:47

7. **Praise God for the good and bad times:** Be thankful and objective to God about why things happen. "**All things work together for good to them that love God**" Romans 8:28

8. **Do NOT be discouraged:** Temptations, disappointments, and persecution will come. Trust in Jesus who says, "**I will never leave you, nor forsake you.**" Hebrews 13:5

31

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32