

OVERCOMING DEPRESSION

Depression is a condition of general emotional dejection and withdrawal; sadness that is greater and more prolonged than that warranted by any objective reason. (Sadness, gloom, dejection).

Words that are synonymous: discouragement, despondency.

Oppression is something that overtakes us and holds us in bondage if we do not know how to overcome it. Oppression was very prominent in Jesus' day for the scriptures declare that Jesus went about doing well and healing all that were oppressed of the devil.

Depression usually is the consequences of oppression.

There are many words in scripture that define depression and for the sorrows and the mental anguish that can oppress us in this life

We are living in perilous times where unbelievers and Christians alike are being overcome by oppression/depression because of the evils that are prevalent in our society.

There are also varied reasons that people become oppressed/depressed. Sometimes the death of a loved one, declining health, financial burdens and the list goes on and on. Also it should be noted that anyone can be overcome with depression and no one is exempt from it. However we must learn how to overcome depression.

These are some of the things that we can do to help overcome depression:

(1). **WORSHIP GOD** – The bible states in Isaiah 61:3 “that we should put on the “.....” *garment of praise for spirit of heaviness.*” There are several ways of worshipping and focusing on God. You can literally spend private and quality time with God in worshipping and praising him. You can also listen to anointed music that honors God and meditate on the words and even sing unto the Lord. When Saul was depressed, he called for David and the anointing on David's music caused the evil spirit that depressed Saul to depart.

(2). READ THE WORD OF GOD - The Bible states clearly that the entrance of God's word brings light. That means to read or even to hear God's word will automatically bring light to your situation. The word of God is sharp and powerful and therefore to read and meditate on God's word will automatically change our perspective. The word of God brings comfort and hope.

(4) PRAY – The greatest privilege we have as believers is the privilege of being able to talk to God. Prayer will strengthen us and bring us peace and comfort. It allows us to express our innermost thoughts and feelings to God. The more we pray the closer we get to God and the less the attacks of the enemy will be able to affect us.

(3). FIND A PLACE OF SERVICE – it is very important to stay busy in the service of God. Find your place in the body of Christ and occupy. When we are idle in God's service, there is more time and opportunity for the devil to try to influence us and find "other things" to do and/or to occupy our minds with.

(4). TAKE CONTROL OVER YOUR THOUGHTS = This sounds easier said than done, however the bible says, "*Set your affection on things above, not on things on the earth.*" (Colossians 3:2) The bible also says, "*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*" (Philippians 4:8) When our affection is set on spiritual things, there is not much room to focus on things that cause us to feel overwhelmed in our spirit.

(5). WALK IN THE SPIRIT – The bible tells us that if we walk in the Spirit, we will not fulfill the lusts of the flesh. It should be the goal of every Christian to pursue spiritual things. When we walk in the Spirit we won't give a foothold to the enemy to come into doors that we have left open.

(6). REST IN THE LORD – To rest in the Lord is to totally trust Him in every situation. When we begin to worry and become anxious over things, it can cause feelings of oppression which if not overcome, can allow us to experience "full blown" depression...so to speak. Therefore when feelings of oppression arise, we should immediately begin to try to "cast our cares upon him."

The above steps are just some things that we can do when we feel the first signs of oppression. If we practice these things they will help to at the very least, minimize the effects that the Devils onslaughts could have on us.

*It should be noted that there is a depression that is severe known as Clinical Depression also known as Major Depressive Disorder (MDD) that is viewed medically as a mental disorder.

Typically people that are diagnosed with MDD are treated with antidepressant medication and in many cases receiving counseling. Hospitalization is even recommended in the most severe cases when one is depressed to the point of self-neglect or is determined that they are a risk to self and/or others.

As Christians, we believe in divine healing but we should not take on the responsibility to diagnose medical conditions but rather, refer professional help when needed.