

Victory Over Depression



Isaiah 61:1-3 "The Spirit of the Lord God is upon Me,
 Because the Lord has anointed Me
 To preach good tidings to the poor;
 He has sent Me to heal the brokenhearted,
 To proclaim liberty to the captives,
 And the opening of the prison to those who are bound;
² To proclaim the acceptable year of the Lord,
 And the day of vengeance of our God;
 To comfort all who mourn,
³ To console those who mourn in Zion,
 To give them beauty for ashes,
 The oil of joy for mourning,
 The garment of praise for the **spirit of heaviness**;
 That they may be called trees of righteousness,
 The planting of the Lord, that He may be glorified."

Heaviness
 defined:
 ineffective, dull,
 weak-pertaining to
 a nearly blind
 condition of the
 eyes, colorless; to
 be dark, despair-
 being in a state of
 anxiety and silent
 hopelessness;
 smoldering-
 pertaining to
 having a burning
 without flame

Isaiah 61:3 (AMP)
 To grant [consolation and joy] to those who mourn
 in Zion—to give them an ornament (a garland or
 diadem) of beauty instead of ashes, the oil of joy
 instead of mourning, the garment [expressive] of
 praise instead of a **heavy, burdened, and failing
 spirit**—that they may be called oaks of righteousness
 [lofty, strong, and magnificent, distinguished for
 uprightness, justice, and right standing with God], the
 planting of the Lord, that He may be glorified.

Symptoms of Depression	
<p style="text-align: center;">Emotional:</p> <ul style="list-style-type: none"> ▪ Sadness throughout the day, nearly every day ▪ Loss of interest in or enjoyment of your favorite activities ▪ Feelings of emptiness or hopelessness ▪ Feeling stressed, nervous, or overwhelmed ▪ Trouble concentrating or making decisions ▪ Feelings of worthlessness ▪ Excessive or inappropriate feelings of guilt ▪ Irritability or restlessness ▪ Thoughts of death or suicide 	<p style="text-align: center;">Physical:</p> <ul style="list-style-type: none"> ▪ Fatigue or lack of energy ▪ Sleeping too much or too little ▪ Change in appetite or weight ▪ Aches and pains ▪ Headache ▪ Back pain ▪ Digestive problems ▪ Dizziness
<p style="text-align: center;">Facts:</p> <ul style="list-style-type: none"> • 17% of our population suffers from depression (18-20 million Americans) • Depression can run in families • Depression can be biological • Depression can be attitudinal • Depression can be spiritual • Depression is common during holidays • Alcohol is not a solution for depression • Pills are not a long term solution for depression Coming off pills suddenly can cause worse affects • It affects women twice as much as men • It destroys families • It ruins careers 	<p style="text-align: center;">Triggers:</p> <ul style="list-style-type: none"> • Relationships-relatives; conflicts • Excessive stress • Finances • Physical demands • Major life events-trauma • Spiritual warfare <p>1 Peter 5:8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. 9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. 10 But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.</p>

We are spirit, soul and body, and if any of these are out of order we can open the door to depression

1Thessalonians 5:23 Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

Things that will help:

- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Sleep <input type="checkbox"/> Exercise <input type="checkbox"/> Time management <input type="checkbox"/> Positive thinking (Philippians 4:8) <input type="checkbox"/> Seek prayer and advice from friends who know their authority in Christ and are not afraid to rebuke the devil | <ul style="list-style-type: none"> <input type="checkbox"/> Be a worshipper! <input type="checkbox"/> Stick to a budget <input type="checkbox"/> Forget about perfection <input type="checkbox"/> Seek professional help if severe (Christian counselors) <input type="checkbox"/> Daily time in word and prayer |
|---|---|



Philippians 4:8 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.