



## Defeating Depression August 20 & 21, 2022

The Bible names depression directly.

### Proverbs 12:25 (NKJV)

Anxiety in the heart of man causes depression, but a good word makes it glad.

**Neuroticism:** Very emotionally sensitive.

**Introversion:** Those who are extremely introverted.

### 2 Types of Depression:

**Minor Depression:** A seasonal slump feeling down, tired, and hopeless.

**Major Depression:** Often referred to as clinical depression lasting indefinitely brought on by biological issues in the brain. Hopelessness and the inability to even function makes this debilitating.

### Psalm 32:3 (TPT)

Before I confessed my sins, I kept it all inside; my dishonesty devastated my inner life, causing my life to be filled with frustration, irrepressible anguish, and misery.

### A profile of King David's depression:

- His style of dance indicates extreme highs and intense lows.
- His intense need for risky sex.
- His desperation with no sense of wisdom or justice.
- His radical mood swing after the death of his infant son.
- His depression is reflected in 53 verses in the Book of Psalms.

### Psalm 143:4 (TPT)

My inner being is in depression and my heart is heavy, dazed with despair.

## God's plan for defeating depression:

### **1** Go to God and ask for His help.

#### **Psalm 143:1 (TPT)**

Lord, you must hear my prayer, for you are faithful to your promises.  
Answer my cry, O righteous God!

#### **Psalm 50:15 (TPT)**

Honor me by trusting in me in your day of trouble. Cry aloud to me, and I will be there to rescue you.

#### **Matthew 11:28 (TPT)**

"Are you weary, carrying a heavy burden? Come to me. I will refresh your life, for I am your oasis."

### **2** Acknowledge that I may have some responsibility in my depression.

#### **Psalm 143:2 (TPT)**

Don't bring me into your courtroom for judgment, for there is no one who is righteous before you.

#### **Isaiah 59:2 (NLT)**

It's your sins that have cut you off from God. Because of your sins, he has turned away and will not listen anymore.

### **3** Recognize the cause of my depression and verbalize it.

#### **Psalm 143:3-4 (TPT)**

My enemies have chased and caught me and crushed my life into dust. Now I'm living in the darkness of death's shadow. My inner being is in depression and my heart is heavy, dazed with despair.

#### **Psalm 143:9 (TPT)**

Save me from all my enemies, for I hide myself in you

### **4** Worship God regardless of how I'm feeling.

#### **Psalm 143:5-7 (TPT)**

I remember the glorious miracles of days gone by, and I often think of all the wonders of old. Now I'm reaching out to you, thirsting for you like the dry, cracked ground thirsts for rain. Pause in his presence Lord, come quickly and answer me, for my depression deepens and I'm about to give up. Don't leave me now or I'll die!

### **Psalm 103:1-5 (TPT)**

With my whole heart, with my whole life, and with my innermost being, I bow in wonder and love before you, the holy God! Yahweh, you are my soul's celebration. How could I ever forget the miracles of kindness you've done for me? You kissed my heart with forgiveness, in spite of all I've done. You've healed me inside and out from every disease. You've rescued me from hell and saved my life. You've crowned me with love and mercy. You satisfy my every desire with good things. You've supercharged my life so that I soar again like a flying eagle in the sky!

### **Psalm 34:18 (TPT)**

The Lord is close to all whose hearts are crushed by pain, and he is always ready to restore the repentant one.

**5**

**Trust God's plan regardless of how my world looks.**

### **Psalm 143:8-9 (TPT)**

Let the dawning day bring me revelation of your tender, unfailing love. Give me light for my path and teach me, for I trust in you. Save me from all my enemies, for I hide myself in you.

**Depressed people show negative thinking in 3 areas:**

- They view the entire world negatively.
- They view themselves negatively.
- They view the future negatively.

### **Proverbs 3:5-6 (TPT)**

Trust in the Lord completely, and do not rely on your own opinions. With all your heart rely on him to guide you, and he will lead you in every decision you make. Become intimate with him in whatever you do, and he will lead you wherever you go.

**6**

**Follow God's word and do God's will.**

### **Psalm 143:10-12 (TPT)**

I just want to obey all you ask of me. So teach me, Lord, for you are my God. Your gracious Spirit is all I need, so lead me on good paths that are pleasing to you, my one and only God! Lord, if you rescue me, it will bring you more glory, for you are true to your promises. Bring me out of these troubles! Since I am your loving servant, destroy all those who are trying to harm me. And because you are so loving and kind to me, silence all of my enemies!

**2 Timothy 3:16-17 (TPT)**

God has transmitted his very substance into every Scripture for it is God-breathed. It will empower you by its instruction and correction, giving you the strength to take the right direction and lead you deeper into the path of godliness. Then you will be God's servant, fully mature and perfectly prepared to fulfill any assignment God gives you.

**Joshua 1:8 (GNT)**

Be sure that the book of the Law is always read in your worship. Study it day and night, and make sure that you obey everything written in it. Then you will be prosperous and successful.

**John 1:14 (NLT)**

So the Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father's one and only Son.



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