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A Study On Depression

By God And Richie Heinlein

(In God I Trust And Write)

I) Opening Prayer:

II) Opening Question And Definition: **What is depression?**

The World English Dictionary States:

Depression: a mental disorder characterized by extreme gloom, feelings of inadequacy, and inability to concentrate

When one is depressed, there is a feeling of being trapped, demeaning one's self is common and it is hard to get things done. In other words, hopelessness and likening to imprisonment is part of this.

Although some depression might be caused by circumstance, a lot of depression doesn't have much physical reasoning. Spiritually speaking, there is an enemy at work. This enemy is known as the devil or Satan. This all too real spirit attacks in many ways. Satan has been at this from the beginning and will not stop until he is imprisoned in hell forever by God's own decree.

Now let's look at some scriptures that talk about the characterization of depression.

Let's look at I Samuel 16:14-23

For some background, King Saul disobeyed God and didn't do what he was supposed to do concerning King Agag and the Amalekites. So, the Lord rejected Saul as king. Ever after that,

Saul looks like he might have had a spiritual depression issue.

Look at all of the times that Israel went into exile for disobeying and that time that they wandered in the wilderness for 40 years because they didn't want to listen to Moses. Sometimes, they still grumbled.

These are all circumstantial; however, if we look at our Lord Jesus, it looks like He was depressed at one time.

The Bible in Matthew 27:45-56

In this passage, Jesus felt forsaken by God. Jesus didn't see God because of the separation between the two was so great. God put the weight of our punishment on Jesus' shoulders.

Even though Jesus did nothing, he was depressed. Depression in itself is not wrong and sometimes it is hard to see God in one's life when depression is there. This is why a network

of friends and family needs to be there for physical and spiritual support. Jesus had a lot of friends that cared deeply for him, but his depression couldn't be stopped because of why Jesus went to the cross to begin with.

Sometimes depression can't be stopped with us either. This is why we need to be able to remember that if our Lord went through it, we will probably have to go through something derived from it. We need to remember God is there for us even if we don't see Him. If depression is circumstantial (meaning something that we did or someone did something to us), ask forgiveness from God and/or then forgive yourself and anyone who wronged you (in no particular order). If depression is not circumstantial, please remember friends and family, count your blessings, remember God is there for you. God is full of compassion and will seek to make things pale in comparison to His light.

Let's Read Psalms 34, Isaiah 61

We forever need to humble ourselves to God and ask for help in trials and heartache. Never forget to praise God in good times. Praise God always unceasingly. This will equip you to not falter in times of trouble.

Do you have any questions or comments?

Closing Prayer