

DEPRESSION AND THE CHRISTIAN

TEXT: Psalms 42

INTRO:

A. The need for this message!

1. How often are we cast down in soul?

B. True and lasting help from depression ONLY comes from the Lord (Psa. 42:5, 11)!

I. WHAT IS DEPRESSION?

A. Depression: To be down cast, to have low vitality, to be low in spirit, to be gloomy.

1. Depression is a mind set - and a state of mind.
 - a. It involves feeling down cast in heart, soul, and mind (Psa. 13:1-2; 42:5, 11; 43:5).

B. Depression is a real problem that many people have and do experience.

1. Lost people have and do experience it.
 - a. *Cain* - " .And Cain was very wroth, and his countenance fell..."(Gen. 4:5).
2. Saved people have and do experience it.
 - a. *Job* - He cursed his day and wished that he had never been born. (Job 3:1-3, 11-13).
 - b. *David* - He was often depressed because of circumstances, problems, and sin (Psa. 42; 51).
 - c. *Paul* - He despaired "even of life" because of his trouble in Asia (II Cor. 1:8).

C. It is not to be considered lightly - It leads to great problems in life, even suicide.

II. WHAT CAUSES DEPRESSION?

A. Demonic oppression (Psa. 42: 6, 9, 43:2; II Cor. 12:7).

1. Satan and his demons want to see the destruction of you, your family, your church ...
2. Depression often involves this "spiritual warfare".
3. It is a battle for your mind!

B. SIN (Proverbs 5:21-23).

1. SIN! SIN! SIN! Oh depression is brought on by SIN!
 - a. Oh the great spiral of SIN and DEPRESSION for the believer!
2. Unconfessed and unforsaken sin (Prov. 28:13-14).
 1. There is a great danger of continuing in KNOWN sin.
3. Dwelling on past sin (I John 1:9; Heb. 10:17; Psa. 103:12).
 - a. We need to trust God with our sins!
 - b. You cannot handle your sin - leave it with the Lord!

C. Focusing on circumstance (Rom 8:28; Phil. 4:6).

1. Looking on circumstance will bring on depression!

III. HOW TO OVERCOME DEPRESSION!

A. If you are depressed because of demonic oppression:

1. Take this problem to the Lord and TRUST Him to take care of it (II Cor. 12:7-10).

B. If you are depressed because of sin:

1. Confess and forsake your sin (I John 1:9; Psa. 51:1-3, 8-12, 17).
2. Trust the Lord to forgive and forget your sin (I John 1:9).

C. If you are depressed because of overwhelming circumstance and problems:

1. Go to God with your problems (Phil 4:6).
2. Thank him for your problems (Phil 4:6; I Thess 5:18).
3. Stop thinking about your problems and start RENEWING YOUR MIND (Phil 4:8; Rom.12:1-2).
 - a. Remember that depression is a MIND problem and a battle for your MIND!
4. Then get busy for God - "do"(Phil 4:9) - Don't be idle - Idleness leads to more depression!
5. Thinking God's proscribed way will bring you peace of heart and mind (Phil. 4:7,9).

CON:

A. Depression is real!

B. There are three biblical causes for depression

1. Demonic oppression!
2. Sin!
3. Not fully trusting the Lord!

C. There is a sure remedy for depression.

1. Confess and forsake your sin and fully and continually trust in the Lord (Phil. 4:6-9).