

How Do I Deal with Depression During the Holidays?

1 Kings 19:1-9, 15-18



United Community Church

Pastor Ron Burks, 11/20/16

"Depression is nourished by a lifetime of ungrieved and unforgiven hurts."

– *Penelope Sweet*

"Depression is a choice." – *A.B. Curtiss*, – Depression is a Choice

"Depression is a prison where you are both the suffering prisoner and the cruel jailer." – *Dorothy Rowe*, Depression: The Way Out of Your Prison

WHAT CAUSES DEPRESSION?

1. A loss of some kind occurs in your life – it can be a real loss, abstract, imagined, a threat.
2. You respond to life's challenges in unhealthy ways – Your problem is blown out of proportion, you take your eyes off the Lord, your thoughts dwell on the problem, and/or you listen to Satan's lies

HOW DOES DEPRESSION WORK?

1. A loss occurs that triggers hurt, pain, or grief of some kind
2. Emotions associated with depression emerge
Loneliness (feeling isolated), Misery (obsessed with personal suffering), Despair (feeling hopeless, unloved, or like a failure), Apathy (indifferent to people or life around us), & or Rebellion (refusal to submit to heavenly or earthly authority)
3. You dwell on yourself & the problem – things get blown out of proportion, you blame/belittle yourself – "It's my fault" "I am a horrible person"
4. You listen to Satan's lies – "life is hopeless" "there is no way out" "God does not love me"
5. Your feelings of guilt, anger, and/or shame lead you on a downward spiral to depression
6. Depression feeds on itself and cannot be broken until you take your eyes off yourself & your problem & focus on God & His unconditional love for you.

HOW DOES GOD WANT YOU TO DEAL WITH DEPRESSION?

1. Be honest with your emotions & share your hurt with God – He will hurt with you
2. Face the reality of what caused your depression & put it in perspective – nothing in life is hopeless
3. Acknowledge your limits and live within them – remember you need God's help
4. Understand that you are not crazy & that it is ok to seek professional help if needed
5. Focus on praising & thanking God for who He is and what He has done. Continue your relationship with God & let the Holy Spirit fill you
6. Remind yourself who you are in Christ & believe that life can return to a new normal
7. Serve the Lord faithfully – you will find solace in sharing God's love by meeting the needs of others