

8TH NOVEMBER 2020 + SKYLINE SIB

COVID-OVERCOMER SERIES

OVERCOMING DEPRESSION

BY PS DR PHILIP LYN



CONNECT GROUP DISCUSSION

**13TH
NOV
2020**

Read Psalm 42 and hear the cry of the psalmist who was depressed and in tears. **Depression is real. In this pandemic it has increased 3x!** It is a sustained sadness accompanied by a lack of interest in previously enjoyable or rewarding activities. It disturbs sleep, appetite, concentration and result in persistent tiredness and fatigue.

Should Christians be depressed?

Depression is not a reflection of weak faith. **We are all born different.** Melancholic personalities are more likely to be depressed. **Depression even affect mighty men of God** e.g Job, Elijah, Jeremiah. **Depression affects the soul more than the spirit.** We are tripartite human beings. This means we are *spirit beings* who have a *soul* & live in body. The soul consists of the **mind, will and emotion.**

It is the soul **especially the emotion** that bears the brunt of depression! When our **emotions** sink into despair, it weakens **the will** leaving us no interest in doing things and affects our minds so we can't think clearly. Most Christians will get mildly depressed at many points in their lives? But **8 % of people** will experience **severe depression** that interferes with their relationship with God, their work, their family. In a pandemic the figures may be higher.

CGQ: How do you feel on Monday mornings usually? Do you get a little down? Which part of the week cause you to have the lowest mood level? How do you cope with this? What do you do to lift your mood?

Depression may arise from Stressful events eg deaths, illnesses, job loss, **Loneliness, Alcohol and Substance Abuse, Personality Problems, Childbirth & Menopause, History of childhood abuse and trauma.**

CGQ: Have you experienced depression from any of this before? How long did it last? What or who helped you to get out of it?

5 Keys to Overcoming Depression: The battle is in the soul.

1. **Heal the Soul by blood of Jesus** to remove past sins, self-condemnation, guilt etc.
2. **Re-Assure the Soul with God's promise.** Depressed souls will keep asking "**why?**" In Ps 42, the psalmist asked why 6 times!
3. **Lead the Soul out of depression through a strengthened spirit**
The Psalmist ends both segments of the psalm with "Hope in God, for I shall yet praise Him" (v 5, 11). These words came from his spirit man! Strengthening our spirits can help lead us out of depression. How?
 - By singing and praying in tongues **Jude v 20**
 - By Meditating & Confessing the Word of God **Jn 6:63**
 - By Listening to Spirit Filled Worship Songs **Romans 8:4**
 - By joining God's people in prayer and praise **John 4:24**
 - By God speaking through your mentors & ministers! **2 Timothy 1:6**
4. **Restore the Soul through Counselling** This provides feedback and insights into our problems and works with us to develop strategies to cope with our depression
5. **Support your Soul through Medication** Antidepressants act on certain chemicals in the brain to lift your mood. They help a lot but are temp measures.

CGQ: Has this pandemic resulted in depression or a period of feeling low? Share how as a CG we can be open about asking for help when we are down? Share how we can look out for each other better in periods of lockdown? Do Pray for each other as you end!