

# Free From The Arrow Of Depression



“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God...”

Psalm 42:5 (NIV)

Part 2: Getting Your Whole Heart Back  
Session 7: Free From The Arrow Of Depression

Freedom

*Becoming Fully Alive!*



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# Freedom

*Becoming Fully Alive!*

## *PART 2: Getting Your Whole Heart Back*

- Session 1    Free From The Message Of The Arrows**
- Session 2    Free From The Arrow Of Pride**
- Session 3    Free From The Arrow Of Shame**
- Session 4    Free From The Arrow Of Fear**
- Session 5    Free From The Arrow Of Rejection**
- Session 6    Free From The Arrow Of Anger**
- Session 7    Free From The Arrow Of Depression**



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# **I. FREE FROM THE ARROW OF DEPRESSION**

## **A. DEPRESSION – *AN ISSUE OF HOPE***

Psalm 42:5

## **B. DESCRIPTIVE WORDS WHICH CHARACTERIZE DEPRESSION**

1. Feeling “Blue”
2. Heavy-hearted
3. Downcast
4. Despondent
5. Dread
6. Despair
7. Hopelessness

## **C. WHAT ARE SOME CAUSES OR CONTRIBUTORS TO DEPRESSION?**

### **1. The Physical Factor**

- a. Insufficient sleep/rest
- b. Sickness/disease
- c. Hormonal or chemical deficiency or imbalance
- d. The ingestion (especially in excess) of certain food/drink products
- e. Side effects of certain medications

### **2. The Soul Factor**

- a. What you think about or focus upon
- b. What you believe
- c. Significant events, losses, high stress issues, prolonged conflict, prolonged sickness (self or “significant other”)
- d. The attack of our “Adversary”

**D. DEPRESSION CAN RESULT WHEN:**

**1. You Have Not Resolved Your Past**

- a. Offenses and unforgiveness
- b. Grief over losses
- c. “The Message Of The Arrows”
  - 1) Pride
  - 2) Shame
  - 3) Fear
  - 4) Rejection
  - 5) Anger

**2. You Are Not Allowing Jesus Christ To Be Your Sufficiency**

- a. Pursuit of happiness rather than the pursuit of relational wholeness
- b. Focus on people and/or circumstances
- c. Trying to control life

**3. You Are Not Putting Your Hope In God For Your Future**

- a. Believing in yourself instead of believing in Him
- b. Basing your identity on your life’s experiences instead of allowing Him to define you

**E. HOW TO BE FREE FROM THE ARROW OF DEPRESSION**

**1. Resolve Your Past.**

- a. Repent, believe, receive.
  - 1) Luke 13:3
  - 2) Acts 16:31
  - 3) John 1:12
- b. Forgive others.  
See: **“Processing The Issues Of The Heart”**
- c. Resolve the grief of losses.  
See: **“Processing The Issues Of The Heart”**

- d. Free yourself from “The Message Of The Arrows.”
  - 1) Pride - “Agree with God about yourself and make Jesus the reason.”
  - 2) Shame - “You are not the sum total of your life’s experiences or some defining part thereof; you are who God says you are!”
  - 3) Fear - “Receive God’s perfect love and allow Him to take care of you!”
  - 4) Rejection - “Reject rejection and receive your acceptance in Jesus Christ!”
  - 5) Anger - “Fully submit to the Sovereign Will and Purposes of God.”

2. **Allow Christ To Be Sufficient In The Present.**

- a. Make Jesus Your Goal.  
Philippians 3:7-14
- b. Give thanks in and for all things.
  - 1) I Thessalonians 5:18
  - 2) Ephesians 5:20
  - 3) Romans 8:28-29
  - 4) Psalm 50:14-15, 23

3. **Put Your Hope In God For The Future.**

- a. Believe and obey His word.
  - 1) John 8:31-32
  - 2) John 14:21
  - 3) Jeremiah 29:11-13
- b. Identify with His LIFE.  
Galatians 2:20
- c. Practice His Presence.
  - 1) Isaiah 26:3
  - 2) I Thessalonians 5:17
  - 3) Philippians 4:4-7

## II. APPLICATION

- A. Referring to Part “B” of this session, (Descriptive Words Which Characterize Depression), which word(s) best describe the level of depression that you are feeling now? (Please circle)
- B. In light of your answer to the above, please answer the following:
1. How have **you** been affected?
  2. How has your relationship with **others** been affected?
  3. How has your relationship with **the Lord** been affected?

*Please be thorough in answering these questions and use additional paper if necessary.*

**GOD’S ANTIDOTE FOR THE ARROW OF DEPRESSION:**

**PUT YOUR HOPE IN GOD!**