

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!

 **FRESH START**

© 2004 Fresh Start For All Nations

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



FRESH START

© 2004 Fresh Start For All Nations

www.freshstartforallnations.org

Where indicated (AMP): "Scripture quotations taken from the Amplified Bible,
Copyright © 1954, 1958, 1962, 1964, 1965, 1987 by The Lockman Foundation
Used by permission." (www.Lockman.org)

Scripture quotations marked (ASV) are taken from the HOLY BIBLE, AMERICAN STANDARD VERSION - Public Domain

Scripture quotations marked (KJV) are taken from the HOLY BIBLE, KING JAMES VERSION - Public Domain

Where indicated (NASB): "Scripture quotations taken from the New American Standard Bible",
Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation
Used by permission." (www.Lockman.org)

Scripture quotations marked (NIV) are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®.
Copyright© 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan. All rights reserved.

Scripture quotations marked "NKJV™" or (NKJV) are taken from the New King James Version®.
Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

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!