



THE SPIRIT OF DEPRESSION

When the righteous cry for help, the LORD hears and delivers them out of all their troubles. The LORD is near to the brokenhearted and saves the **crushed in spirit**. Psalm 34:17-18 (ESV)



WHAT IS THE SPIRIT?

Spirit is the substance that comprises God's existence.

Spirit refers to an invisible force (the spark of life) that animates all living creatures

WHAT IS THE SPIRITUAL PURPOSE/AGENDA OF DEPRESSION?

- TO **KILL** ANYTHING IN YOU THAT REFLECTS, IDENTIFIES, ASSOCIATES, RELATES TO OUR LIFE IN GOD
- TO TAKE POSSESSION OF HOW YOU THINK
- TO **STEAL** ALL HOPE THAT WE PLACE IN GOD
- TO **DESTROY** THE LIFE, WE ARE PROMISED IN CHRIST

WHY? The Christian needs the spirit in much the same way as a radio needs electricity—in order to function.

The thief comes only to **steal** and **kill** and **destroy**. I came that they may have life and have it abundantly. John 10:10

PURPOSE: TO REPLACE THE FRUIT OF THE HOLY SPIRIT WITH THE FRUIT OF THE SPIRIT OF DEPRESSION

FRUIT OF THE HOLY SPIRIT (GAL 5:22-23)

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

FRUIT OF THE SPIRIT OF DEPRESSION

- Sadness
- Hopelessness/Helplessness
- Loss of pleasure in activities
- Irritability
- Tiredness
- Appetite changes
- Anger
- Insomnia
- Consumed with thoughts of dying

WHAT ARE THE CHRISTIAN SIGNS AND SYMPTOMS FOR DEPRESSION?

- Struggling to find joy in worship
- Withdrawing from your church or religious community
- Avoiding other members of the church
- Losing interest in your regular church activities or performing them only from a sense of duty
- Feeling as if Bible study or other religious pursuits have lost their meaning
- Failing to find comfort in prayer
- Negative or pessimistic thinking about God or religion
- Questioning or doubting your faith
- A sense of spiritual hopelessness or discouragement

WHAT ARE SOME OF THE ROOT CAUSES FOR SPIRITUAL DEPRESSION?

1. **Conforming to** the world's way of responding to situations that happen in our lives (self-reliance). Rom 12:2
2. Relapsing into our **old** ways of thinking. Rom 12:2
3. Anger turned **inward** which produces feelings of powerlessness (Eph 4:26-27)
4. Accepting defeat as your outcome.
5. Neglecting your spirituality (too busy for God).

THE PLAN TO OVERCOME THE SPIRIT OF DEPRESSION

When the righteous **cry for help**, the LORD hears and delivers them out of all their troubles. **The LORD is near** to the brokenhearted and **saves the crushed in spirit**. Psalm 34:17-18 (ESV)

- Never suffer alone. Satan understands the power and presence of God
- Trust Jesus to be our **light therapy** (also known as phototherapy, is a treatment involving exposure to an artificial light source which is used to treat depression with seasonal patterns formerly known as seasonal affective disorder). Eccl 3:1: *To every thing there is a season.....*
- Praise harder not because praise keeps us connected to God. Praise is our weapon to engage in spiritual warfare.

**YOU TURNED MY
MOURNING INTO
DANCING; YOU PEELED
OFF MY SACKCLOTH AND
CLOTHED ME WITH JOY,**

- PSALM 30:11