

November 17, 2019
UNDER PRESSURE – Part 5
“Understanding Depression”

Sometimes stress and anxiety can push us into depression.

In some Christian circles, pastors and leaders believed depression could always be prayed away.

Seeking God’s help through prayer is valuable, but it doesn’t guarantee even a Christian will be healed, at least in this lifetime.

A problem with mental health issues today, including depression, is still the stigma many folks attach to them.

Depression is an actual illness.

Loss of hope is a significant aspect of depression.

Pastor John Ortberg: “Anytime you name the human condition, the human experience, and the reality of suffering, it has a way of being illuminating and helpful for each person who hears it, even if he or she may not struggle in that way. When you hear the story, when you see a face, the depression epidemic goes from being a statistic or an article in *Time* magazine to a real person, and it expands your heart.”

The church is a place for people who need God’s help, in all its forms.

Proverbs 12:25 (NKJV): “Anxiety in the heart of man causes depression, But a good word makes it glad.”

Individuals who appear to have struggled with depression in the Bible: Moses, Saul, David, Elijah, Job, Jonah, and Jeremiah

King David: “⁹Have mercy on me, LORD, for I am in distress. Tears blur my eyes. My body and soul are withering away. ¹⁰I am dying from grief; my years are shortened by sadness. Sin has drained my strength; I am wasting away from within.” (**Psalms 31:9-10** NLT)

Matthew 8:16 (The Message): “That evening a lot of demon-afflicted people were brought to [Jesus]. He relieved the inwardly tormented. He cured the bodily ill.”

WAYS TO BATTLE DEPRESSION

1. Bring our problems to Jesus, including our anxieties and depression.

Matthew 11:28-30 (NLT): “²⁸... ‘Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰For my yoke is easy to bear, and the burden I give you is light.’”

Psalms 42:11 (NLT): “Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again – my Savior and my God!”

2. Seek professional help.

3. Resist the temptation to isolate.

Galatians 6:2 (NLT): “Share each other’s burdens, and in this way obey the law of Christ.”

Celebrate Recovery: Monday nights, 7 pm, Life Center (www.gateway-community.org/connect/hope-support-prayer/)

4. Establish an exercise routine.

5. Keep doing the things you enjoy.

Good news: people recover from depression!

1 Thessalonians 5:14 (NIV11): “...encourage the disheartened, help the weak, be patient with everyone.”

Next Week – Under Pressure: Putting the Peaces Together

Get the *Life Journal* Bible Reading Plan at gateway-community.org/Find-it

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