

TALKING POINTS

LIES WE BELIEVE - CHRISTIANS DON'T GET DEPRESSED

LEARNING IN

A tragic lie we too often believe is solid, Christ-following believers can not get depressed. If you are dealing with depression brought on by a chemical imbalance, you need to follow your doctor's instructions for treating it. This type of depression has physical roots and requires you to be diligent, taking your medication and avoiding any self-judgement.

With that said, today's focus is on depression caused by our response to life itself - struggle, stress and other circumstances out of our control.

Depression is universal, it's recurring and it's highly contagious. No one is exempt from depression. Great people of faith like Abraham, Jonah, Elijah, Jeremiah, David and even Jesus experienced depression.

Read 2 Corinthians 2:7, Psalm 119:25

Have you suffered with depression at any time in your life? Are you dealing with it now?

LIVING IT OUT

Fortunately, God has provided tools which we can use on a daily basis to combat depression in our lives. Bear in mind, for these tools to be effective, you have to commit to them - practice them daily and for the long haul. Here are five tools:

Validate Truth, Not Feelings - our feelings may be darkened, but the truth is - God is in this with us. When we see God rightly, we can see ourselves rightly.

Read James 1:2

How can you focus on the truth of God's presence in your life in the midst of despairing feelings?

Verbalize Your Hope In God - passivity feeds depression, but God calls us to active relationship with Him. Verbalize out loud with faith our hope in God every day.

Read Psalms 42:5

What is a good way to verbalize out loud your hope in God?

Vent Your Lament To God - God wants us to be real with Him, and that includes venting our pain and loss to Him.

Read Psalms 142:1-3, Psalms 55:4-5

Have you ever unloaded the full extent of your pain to God?

Resist - passivity is what the enemy wants from us. He wants us to lay down and surrender. Instead, we should fight the enemy and the desire to give in or give up.

Read James 4:7

How do we keep fighting even when we feel too tired to do it?

Draw Near To God - above all, in dark times we should draw near to God, not move away.

Read Hebrews 10:19, James 4:8

How can we resist the urge to hide from God in difficult times?