

# OVERCOMING DEPRESSION

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(Hebrews 4:16)

Depression comes in many forms. It can come in the form of discouragement, regret, distress, misery and sadness. Depression is derived from your **PERSPECTIVE**. People who battle with depression have a problem with their vision.

They see what is **NEGATIVE BEFORE** they acknowledge what is positive. They focus on their losses and ignore their victories. They pay more attention to their troubles rather than their triumphs.

They constantly think about what is wrong instead of meditating on what is right. They become obsessed with their disadvantages instead of moving toward their possibilities. **PEOPLE WHO SUFFER FROM DEPRESSION HAVE BLURRED VISION!**

# THERE ARE TWO WAYS TO OVERCOME DEPRESSION

Hebrews 4:16

The first way to overcome depression is to change your **PERSPECTIVE!** Your perspective decides your attitude. Your perspective influences your behavior. Your thoughts control your perspective.

Proverbs 4:23 says, "*Your thoughts run your life.*" If you cannot control your mind, the spirit of depression will have dominion **OVER** you! When people are depressed they have the tendency to focus on the past.

Their **INABILITY** to pursue their future keeps them depressed. Philippians 3:13 says, "*Brothers and sisters, I know that I have not yet reached that goal, but there is one thing I always do. Forgetting the past and straining toward what is ahead.*"

The Apostle Paul taught us a valuable lesson. Do not meditate on your past. Think about your future. In order to **CONTROL** your perspective you must learn how to turn a negative into a positive. Here's what I mean.

- When you make a mistake view it as a **LEARNING EXPERIENCE** instead of a set back. **SEEING IT** as a learning experience will cause you to appreciate the mistake instead of regretting it.

**IF YOU DO NOT CHANGE HOW YOU SEE THINGS, THE WAY YOU SEE THINGS WILL CHANGE YOU!**

The second way to overcome depression is to come to God with **CONFIDENCE**. The Lord will help you in your time of need. When you are battling with the spirit of depression the simplest idea becomes very complicated.

The spirit of depression distorts a person's thought pattern and **BLURS** their perspective.

Depressed people are willing to come to God for help. However, they are **NOT** confident that God will help them.

### TAKE NOTICE:

When you come to the throne of God you WILL receive mercy and grace.

HOLD GOD AT HIS WORD!!!

(Hebrews 4:16)

Confidence is **NOT** arrogance. **CONFIDENCE IS FAITH!**

The greatest obstacle a depressed person will have to overcome is **REGAINING** the faith to believe in their future. Coming to God with doubt in your heart will not heal your pain. It will increase your disappointment.

God **DOES NOT** respond to your need. He does not respond to your pain. He does not respond to your lack. He responds to your **FAITH!** James 1:7-8 says, "*Such doubters are thinking two different things at the same time,*

*and they cannot decide about anything they do. They should not think they will receive anything from the Lord."*

Do not come to God with fear. Do not come to God with doubt. Do not come to God with arrogance. **COME TO GOD WITH CONFIDENCE!** If you find yourself becoming depressed, remember to do these two things.

**CHANGE YOUR PERSPECTIVE!**

**COME TO GOD WITH CONFIDENCE!**

**STOP TELLING YOUR PROBLEMS  
TO PEOPLE WHO CANNOT SOLVE  
THEM**

One of the things that strengthens the spirit of depression is receiving **WRONG** and **FRUITLESS** counsel. Telling your problems to people who cannot solve them

will **INCREASE** your frustration and misery. Casting your cares on people who **DO NOT** have the Wisdom and power to heal them is foolish.

The worst mistake a depressed person can make is to cast their cares on the shoulders of a person who **DOES NOT** care. Sharing your problems with people who cannot solve them will discourage you. The last thing a depressed person needs to feel is discouraged.

The **FIRST** person you should tell your problems to is the Holy Spirit. He cares about your problems. 1st Peter 5:7 says, "*Give all your worries to him, because he cares about you.*" People are dangerous because they are **UNPREDICTABLE.**

Depending on the circumstances, people will love you today and hate you tomorrow. When you tell people your problems there is a fifty percent chance they will not care about them. The Lord assured us that He would solve our problems.

Psalms 34:19 says, "*People who do what is right may have many problems but the Lord will solve them all.*" Before you seek a therapist, a pill, a family member or a friend, seek Jesus! He will **ALWAYS** care about your problems.

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