

Dealing With Depression

Prov 12:25 Heaviness in the heart of man maketh it stoop; but a good word maketh it glad.

I hope this will help you and others who may be experiencing personal problems in their lives. The Lord Jesus came to *Isa 61:1 ... to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty (and deliverance) to the captives, and the opening of the prison to them that are bound;*

The word heaviness is the Bible word for what we call depression. Notice in our text that heaviness or depression in the heart of man maketh it stoop. We have all seen people who outwardly are stooped. They are just beat, they are bent over or sinking in their spirits, they look like they have the weight of the entire world upon their shoulders.

Notice there is help from our text for the care givers to use to help individuals whose hearts are heavy and depressed. It says, "But a good word maketh it glad!" A good word from the right person can make a person glad who is in heaviness of heart. So there is hope for the depressed!

This is a promise from the Word of God. I hope this message will help you tonight and others in time to come.

Webster defines Stoop as the act of pressing down or the state of being pressed down; a sinking of the spirits; dejection; a state of sadness; Want of courage; depression of the mind.

I want to make five statements to help us to understand depression and the first one is as we have mentioned already in our text.

1. *Depression is an emotional malady rooted in the heart and mind.*

Prov 12:25 Heaviness in the heart of man maketh it stoop

2. Four out of ten women endure severe depression at times (according to Brylin Hospital, Buffalo, NY)

1 Peter 3:7 Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

The Bible states that the wife is the weaker vessel. We all know that women are physically weaker, about 40% less brute strength as does the average man. But I believe also emotionally weaker is the average women. I thank God for women; I thank the Lord for the way that He made them and that there is an emotional element to life. Us men would be far off balance if it were not for our wives. The woman indeed is the completer and a compliments man in the marriage relationship being his helpmeet in life. It would be a hard, rough, calloused world if it were just made up of men.

Women often overcompensate by giving so much of the emotional element that they end up in depression. 4 out of 10 end up with severe adult depression at times. This is why the Bible instructs the man in *Prov 31:28 Her children arise up, and call her blessed; her husband also, and he praiseth her.* A husband is supposed to praise his wife!

A husband is to dwell with his wife according to knowledge. He is to be a support to her and understanding of her emotional make-up.

Col 3:19 Husbands, love your wives, and be not bitter against them.

If a woman is crushed emotionally and in depression she will not be able to function the way God intended her too. This is why it is the husbands' responsibility to lead, to provide for and to protect his wife, not just physically, but mentally or emotionally as well. He is to praise her, and to love her. She needs to have the support of her husband and his praises constantly because she takes an emotional approach to life.

She does her hair, applies perfume and dresses nice to be noticed, to receive the praise from her husband.

3. Statistics from Brylin Hospital show that one out of ten men also have severe depression at times.

4. Sometimes medication may help for a brief time. We have this instruction given to us in the Bible. *Prov 31:6 Give strong drink unto him that is ready to perish, and wine unto those that be of heavy hearts.*

I am going to get to some solutions here in a moment, but let me say this first; I don't think that there are many reasons at all why any believer who is saved and indwelt by God's Holy Spirit should ever come to that place.

There are exceptions when some people who are just so overwhelmed emotionally, that the Lord in a very rare time in the Bible tells us when wine can be used. One other occasion in the Bible was when young Timothy had stomach problems and Paul wrote: *1 Tim 5:23 Drink no longer water, but use a little wine for thy stomach's sake and thine often infirmities.*

I want you to take note that it was used medicinally and not as an excuse to get drunk! Unfortunately today, Society has turned totally toward medication for these people and how sad have been the results! People are becoming addicted and enslaved to these drugs. I believe that God has a better way!

5. Depression is called heaviness in the scriptures.

To be emotionally pressed down. Having a heavy heart.

What are the causes and the solutions to depression? *Gal 6:2 Bear ye one another's burdens, and so fulfil the law of Christ.*

If you see people burdened down, you are supposed to help them up. The purpose of these messages or teachings is to prepare you to help others who are going through depression. You can pull out these notes or this tape and help them through these unstable times in their life.

There are times when we all get depression! I have gone through depression two or three times in the last 10 years as a pastor. The key is to deal with it and not let it last very long! The longest I ever had it was for three days. We are all susceptible to it. We all have bad days. We must remind ourselves that: *Neh 8:10 ... the joy of the LORD is your strength.*

They should never occur day after day after day in the Christians life. Our God is bigger than that.

I'm not talking about grieving over the loss of a friend or loved one. Grieving and depression are different. *Pss 30:5 ...weeping may endure for a night, but joy cometh in the morning.*

It is not God's will for you to be depressed day after day after day, or be sad day after day after day. If that is your emotional state today, there is something in your life that you are not right with God. You might as well humbly admit it!

One of the greatest promises in the Bible is: *Pss 16:11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.*

It says fulness of joy, not a depressed state for months and months. When I see some people like that I want to shake them, wake them up and say, "this is not God's plan!"

Charles H. Spurgeon was so overwhelmed by the ministry that often he would go through great depression and had to get away from everyone including his wife for a month or two at a time. There were times when he spent weeks in bed without getting up.

Depression is very, very real. Let's not kid ourselves, and you have probably gone through it.

I want to give you seven causes and solutions to depression. And by solutions, we are getting away from the chemical or organic problems (hormone deficiencies) that some people do have.

In those cases there are some medications that can help.

(I hate those commercials that say, "Ask your doctor if "so-n-so" drug is right for you! How do you even know what it is for? It could be for hemorrhoids or hair loss for all I know!)

I want to deal with the area of my expertise and that is the spiritual aspect of this whole thing.
Now what are some things in the Bible that cause depression and what might there solutions be?

1. Despondency or depression is caused by complaining:

There are negative people, who are negative and complain about everything. And I feel sorry for you that you have to live that way. They have an addiction to complaining. And their addiction to being negative makes the world a lousy place for them to live in every day.

Job 9:27-28 If I say, I will forget my complaint, I will leave off my heaviness, and comfort myself: 28 I am afraid of all my sorrows, I know that thou wilt not hold me innocent.

He said, "If I quit complaining I will leave off my heaviness."

There are people who complain about everything! It's too hot, too cold, too much snow, too much rain, not enough rain, and no sunshine. It's too bright outside. They are never happy!

The preacher preaches too loud! The sermon is too long! We didn't sing enough congregationals; Whose kids are these running around here? Nobody shook my hand! (I wonder why?)

They have a negative personality, and will tend to have depression much more often than those who are positive or optimistic.

We ought to be positive people! *Phil 4:13 I can do all things through Christ which strengtheneth me. 1 John 4:4 ...greater is he that is in you, than he that is in the world.*

Don't let the TV news get you down! Don't let the Buffalo news get you upset, don't let the stock market drops get you worked up in a frenzy. Don't let the Buffalo Sabers get you mad because they didn't get into the playoffs.

Don't let your car breaking down or running out of gas on the 400, ruin your day. These are minor setbacks in your day.

Remember that heaviness in the heart maketh it to stoop? Look with me at *2 Chron 7:10 And on the three and twentieth day of the seventh month he sent the people away into their tents, glad and merry in heart for the goodness that the LORD had shewed unto David, and to Solomon, and to Israel his people.*

The solution to the individual with this problem is to focus on the goodness of the Lord, because it produces a glad and merry heart!

Despondency caused by complaining. The solution is that we must get them to focus on the goodness of the Lord. It is not our nature to be positive. Maybe your old nature needs to be changed and receive a new nature?

We ought to thank the Lord for good health, life, family, and a church.

Complaining is a sin that angers and displeases God. *Num 11:1 And when the people complained, it displeased the LORD: and the LORD heard it; and his anger was kindled; and the fire of the LORD burnt among them, and consumed them that were in the uttermost parts of the camp.*

Who has more today, the Israelite who was wandering through the desert for forty years or the average American? What are you complaining about? Who has more blessings? If their complaining angered and displeased the Lord what does God think about us when we complain?

2. Reproach causes depression:

Ps 69:20 Reproach hath broken my heart; and I am full of heaviness: and I looked for some to take pity, but there was none; and for comforters, but I found none.

Reproach broke his heart and caused depression, and as care givers we are to give pity.

REPROACH: Embarrassment, shame or degradation. Did you ever get caught doing something you shouldn't be doing? It is embarrassing isn't it? That embarrassment produces or can send you into depression. (ever get your mouth washed out with soap or have to stand in a corner? It is embarrassing and can cause depression.)

PITY: To feel pain or grief for one in distress; to have sympathy for; to compassionate; to have tender feelings for one.

I am glad that God has invented and created these emotions of shame, guilt, and depression because they help keep us on the straight and narrow!

Can you imagine a world without any conviction, without any guilt? There are enough people out there who have seared their consciences!

I don't know about you but I hate being guilty, feeling convicted! I hate having to be shamed. I don't wish to live with depression or being a reproach.

When at all possible, when others fall into reproach, whether it is your children or someone you are caring for, take them aside, privately and deal with them. Rebuking them and deal with them as the scriptures teach us.

Gal 6:1 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.

3. A Foolish Child Causes Depression:

Prov 10:1 A wise son maketh a glad father: but a foolish son is the heaviness of his mother.

Children need to understand that they have an affect on their mother's emotions. When a young man turns away from his mother, ignores her, even leaves home after high school, that often times hurls that mother into depression. Men are often times insensitive concerning this.

They probably are thinking about how much their telephone, grocery and utilities bills are going to decrease by.

Heaviness is the synonym of depression.

Prov 17:21 He that begetteth a fool doeth it to his sorrow: and the father of a fool hath no joy.

Children can be a cause of your depression! When they do wrong, it can literally break a parents heart.

Let me say this kids; "What goes around comes around." You are going to reap what you have sown. You better be cautious about this! Are you embarrassing your parents by the things that you do and say?

Some parents have such a strange kind of love, an unbiblical love, that they refuse to rebuke you or correct you or hurt your little feelings, so their silence makes you think that your behavior is acceptable, but it is not! Many parents just aren't brave enough to hurt your feelings and tell you when you are out of line or when you are out of order.

Young person, the way you act, the way you dress, the way you wear your hair, the number of puncture holes in your face, the tattoo that you thought was so cool, the music you listen to, the places you go, the people you hang out with, may be causing heaviness in the heart of your mother and placing her into a state of depression.

How many of you adults know that it is easier to function with joy in your heart rather than depression? Kids, What kind of parents do you want? Men, what kind of a wife do you want? Ladies, what kind of a husband do you want?

The solution to this problem is to train up our children better! train up our children better! All things are possible with God! You say it is too late? All things are possible with God!

Prov 22:6 Train up a child in the way he should go: and when he is old, he will not depart from it.

I like what President Abraham Lincoln once said, "There is just one way to bring up a child in the way he should go and that is to travel that way yourself."

Prov 23:23-26 Buy the truth, and sell it not; also wisdom, and instruction, and understanding. 24 The father of the righteous shall greatly rejoice: and he that begetteth a wise child shall have joy of him. 25 Thy father and thy mother shall be glad, and she that bare thee shall rejoice. 26 My son, give me thine heart, and let thine eyes observe my ways.

A father who produces righteous children shall greatly rejoice!
Whoever begets wise children shall joy of them!

4. A Lack Of Faith will or can cause depression:

Depression is the overwhelming of a person. And an overwhelmed person doesn't think God is big enough to resolve their problems. That is a lack of faith. So many think that their problems are bigger than what God can handle. Or they believe that God could help them but why would he help me?

Man's extremity is God's opportunity! There is nothing too hard for the Lord.

1 Cor 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

The problem is not the lack of God's power for our lives it is the lack of faith in God's power for our lives. A lack of faith will cause a person to be overwhelmed and to think that their problems are bigger than God, and that my friend is a cause of depression.

The solution is to build your faith. Realize that there is nothing too big for our God. No problem is too large for God's intervention, and no person is too small for God's attention!

No matter who you are, Humpty Dumpty, He can put you back together again!

Build the faith of the individual that you are care giving. Give them some promises from the Word of God.

Jer 32:17 Ah Lord GOD! behold, thou hast made the heaven and the earth by thy great power and stretched out arm, and there is nothing too hard for thee:

Rom 10:17 So then faith cometh by hearing, and hearing by the word of God.

The solution to a lack of faith is by the Word of God. We must help build their faith.

Ps 119:28 My soul melteth for heaviness: strengthen thou me according unto thy word.

Heaviness means depression. Where can the depressed find strength? In the Word of God!

- a. You can read about the **people** of God in your Bible, and visualize the unbelievable difficulties that they encountered and see how God gave them the victory and failed not one of them!
"A bad day being saved is better than a good day being lost!"
"The next time you are down in the mouth, remember that Jonah came out all right!"
- b. Get in that book and realize some of the **promises** that are in it for you!
2 Cor 1:20 For all the promises of God in him are yea, and in him Amen, unto the glory of God by us.
- c. Besides the people, and the promises, we see the **principles** of God. God always holds to His principles because He is a man of His Word, and a man of His honor.
He said He would never leaves or nor forsake us and that He would be with us until the end of the world, (Heb. 13:5; Matt. 28:20), and my friend you can take that to the bank!

Deut 33:25 ...and as thy days, so shall thy strength be. He will give us the strength to get through every day! These are faith-building promises.

We as care givers need to know how to help people who are stooped in heaviness, or depression.

I wouldn't want to be Job and go through what he went through.

I wouldn't want to be Moses and wander in the wilderness for forty years with a bunch of church members constantly murmuring and complaining.

I wouldn't want to be Daniel being cast alive into a lion's den, or his three friends being thrown into a burning fiery furnace.

I wouldn't want to be Naomi, coming back from Moab after losing everything, her husband and two sons, thinking that God would probably never do anything for her again. She said, *Ruth 1:20-21 And she said unto them, Call me not Naomi, call me Mara: for the Almighty hath dealt very bitterly with me. 21 I went out full, and the LORD hath brought me home again empty:*

I wouldn't want to be Joseph sold by his brothers into slavery.

And yet God was with each and every one of them, and worked in their lives mightily!

5. Lack of Peace is another cause for Depression:

Peace is quiet or tranquility of the soul. A lack of peace can bring depression upon a person. Depression is an emotional malady and a sickness. It is a war going on inside the individual and not experiencing the quietness and tranquility that the Lord would have us to possess.

There is this thing in the Bible called "perfect peace," that God wants us to experience. It is called, *Phil 4:7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

It is a peace that is so great that there is not an individual alive who can understand it or explain it! And that is available to you and I, Christian.

*Rom 5:1 Therefore being justified by faith, we have **peace with God** through our Lord Jesus Christ:*

Any and all peace first begins with this peace and that is peace with God that only comes to those who are saved. Because if you do not know Christ as your Savior, the wrath of God abideth on you. God is your enemy.

John 3:36 He that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life; but the wrath of God abideth on him.

John 3:17-18 For God sent not his Son into the world to condemn the world; but that the world through him might be saved. 18 He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God.

You don't have to wait for the wrath of God to abide on you, it abides on you already. But God doesn't want to be your enemy, He wants you to be saved. You can come to Him just as you are today, and trust his Son Jesus Christ as your own personal Savior.

The Blood of Jesus Christ will cleanse us from all of our sin and that angry, holy, righteous and just God will now have peace with us because of the merits of Jesus Christ and our faith and trust in what He did on the cross for us.

There is a second peace in the Bible know as the "**peace of God.**"

Peace with God comes to us at the time of salvation. The peace of God comes at our pursuit of the things that make for peace.

Rom 14:19 Let us therefore follow after the things which make for peace, and things wherewith one may edify another.

You must continue to pursue it in your life. We can have peace with God but not the peace of God in our souls. You can be saved and on your way to heaven, but still not have that quietness and tranquility with the Lord that He wants us to have.

What are the things that we are to follow after that gain us the peace of God?

- A. **Order brings peace.** If your house is a wreck, there is no peace there. If your kids are uncontrollable and running around all the time, there is no peace in your home. If you don't know how much finance you have coming in or going out, there is no peace there. If you don't know what you are doing, and why you are doing it, you don't have any peace. (ex. Financial budgeting; time management; boundaries)

But, if you start restoring order to your life that will bring peace.

1 Cor 14:33 For God is not the author of confusion, but of peace...
God is a God of order. God is a God of absolutes. Everything that God does, He does in order. He is the judge of the whole earth. "Order in the court!"

B. Controlling your mind brings peace

Isa 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Your mind can only think about one thing at a time. If it is all on your problems and your financial woes, and your marriage problems, and home problems and your employment problems, you're not going to have peace.

But, if through all of that you can keep your mind upon God, you can have perfect peace!

Phil 4:6-7 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

What did we say depression was? It is an emotional malady rooted in the heart and mind.

Christ can rule in our hearts and minds only when we turn everything over to Him in prayer. Do you know what our biggest problem is and why we don't have the peace of God in our lives? We are not praying! Some of you have been convinced that you need to read your Bibles daily, allowing God to speak to you, but you are not speaking to Him through a time of prayer. *James 4:2 ...yet ye have not, because ye ask not.*

Your not getting guidance. You keep making wrong decisions. You keep making your own choices instead of all thy ways acknowledging Him in these matters. You have to pray about everything.

Those are a couple of things we are to follow after which make for peace.

Another cause of depression is:

6. Lack of Joy:

Joy is probably the opposite of depression. The lack of Joy can cause depression.

Neh 8:10 ...for the joy of the LORD is your strength.

It is so wonderful and easy to function under joy, that it is impossible to function under depression. Joy ought to be a premium when it comes to concerns in our lives.

The man who loves his job finds it easy to go to work. A wife who finds her duties as a housewife as a joy will love it and create a wonderful atmosphere in the home. A Christian who has joy being a Christian, loves it! A church member who enjoys preaching and attending church, loves it!

The solution is simple: Be filled with the Spirit / with the Word of God (Notice in the following verses of scripture that the results are the same!)

Eph 5:18-21 And be not drunk with wine, wherein is excess; but be filled with the Spirit; 19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; 20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; 21 Submitting yourselves one to another in the fear of God.

Col 3:16-17 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. 17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.

Gal 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, 23 Meekness, temperance: against such there is no law.

Jesus said, *John 15:11 These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.*

You have got to get into the Bible. If you have that you are not going to be depressed. You have got to have a relationship with the Bible and the author of this Book!

Look at what else our Savior said, *John 16:22 And ye now therefore have sorrow: but I will see you again, and your heart shall rejoice, and your joy no man taketh from you.*

(If you get the joy of the Lord, your husband can't take it from you, that filthy vile sinner you may work next to on the job can't take it from you. You see, your joy no man taketh from you! That is powerful stuff!

Acts 14:17 Nevertheless he left not himself without witness, in that he did good, and gave us rain from heaven, and fruitful seasons, filling our hearts with food and gladness.

David prayed in *Ps 51:12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit.*

There is some good advice for the caregiver! When you pray with a depressed brother or sister, pray, "Lord restore unto them the joy of thy salvation."

Ps 16:11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

7. Lack of Happiness:

Prov 15:13 A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

Prov 15:15 All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast.

Prov 17:22 A merry heart doeth good like a medicine: but a broken spirit (depression) drieth the bones.

The problem with this is that people often use this as an excuse to justify themselves in their comedy, partying and revelry. God's Word says, *Prov 24:9 The thought of foolishness is sin:*

Prov 14:13 Even in laughter (comedy) the heart is sorrowful; and the end of that mirth (partying) is heaviness.

Many people seek after happiness. There is a great void in their lives so they try to find it in comedy, (Television, movies, Hollywood, or by partying, alcohol, drugs, getting stoned or wasted). The end product of this all is that they become more depressed than they were before.

The whole Book of Ecclesiastes is about this, trying everything under the sun that this world has to offer and still being vexed in the spirit. Finding out that all is vanity and vexation of spirit.

Ecc 1:2 Vanity of vanities, saith the Preacher, vanity of vanities; all is vanity.

The Christians source of happiness does not come from comedy, our happiness doesn't come from partying. The only happiness that is worth having is that which is produced and experienced internally not externally.

The kind that is produced internally is called "rejoicing" in the scriptures. Here is a good verse of scripture to memorize; *Gal 6:4 But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.*

Basically, this verse of scripture is saying, "If you get working, get busy serving God, you will never feel so great in your life!" You will produce your own happiness.

Do you know why I am so happy? I get to do eternal things! I get to do things for others, I get to do things for God, I don't need a comedian or to watch sitcoms half the night to make me laugh or enjoy life. I don't need to buy alcohol, throw a party or run around and crash party's looking for happiness.

So the solution then is to find that source of happiness that comes from within, by being right with God, working for God, and fulfilling God's plan and purpose for your life. Then you will be happy!

We have got to give the depressed a good word. *Prov 12:25 Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.*

I am glad that there are solutions to depression.

In closing:

Isa 61:1-3 The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; 2 To proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all that mourn; 3 To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.

My friend, it is NOT God's will for you to be sad and live in depression. You need to praise and thank the Lord for all that He has done. Look at the solutions given tonight and apply them to your lives.