

What can help me with depression?

We are surrounded by people who get depressed and some will remain in a great state of depression.

1. What is depression?

Job **3:1-8**

Jonah **4:3**

Numbers **21:5; 11:4-6**

Psalms **22:6-7**

Isaiah **53:3**

Job **7:5-6**

Basically depression is a form of self loathing. It carries with it the sense of worthlessness and hopelessness. It is the idea that life is not worth living and that it would be better to die. People fall into various degrees of depression.

2. What do people do when they are depressed?

Proverbs **31:6-7**

Psalms **38:4-6**

Genesis **3:7-8**

Job **7:11**

There are many signs or activities that depressed people do. Some people will turn to alcohol or drugs in order to numb the pain or sense of hopelessness they are feeling. People will also hide themselves from God and from other people. They tend to focus on everything that is wrong and is going wrong. They are unwilling or unable to see whatever blessings are happening in their lives. There is also a tendency to complain about the things that are going wrong in their lives.

3. What should I understand about myself in regards to overcoming depression?

1 Corinthians **6:19-20**

John **10:27-29**

1 Timothy **1:15**

1 John **4:4**

1 Corinthians **2:15-16**

Colossians **3:3-4**

John **16:32-33**

Romans **8:33-39**

We need to remember that we do not belong to ourselves but the God through Christ. Therefore our value and worth is found in Christ and the gift of eternal life that we have in Christ. Christ has also given to us His mind so that we might comprehend who we are. Furthermore, as a Christian, we are truly secure in Him. He will not abandon us nor is it possible for anyone to remove us from His loving favor. We also need to remember that Jesus Christ came in order to save sinners and to turn them into Christians. Since Christ came to save sinners, and each of us is a sinner then Christ came to save me.

4. What do I need to do instead?

Philippians **3:13-14**

Colossians **3:1-2**

John **16:20-22**

We need to turn the focus of our attention upon Christ and His eternal kingdom. Furthermore, we have been warned by Christ that we will have difficulties in this world but we have been given joy from the Lord that can never be taken away. Because of these, think upon the things of Christ.

