

## **How to Win over Depression (Part 3)**

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### **Scripture References**

Hebrews 4:15

Proverbs 23:7

Joshua 1:8

Mark 14:33-35, *AMPC*

Proverbs 14:12

Titus 2:11

1 John 1:9

Romans 8:1

John 8:3-11

Galatians 1:10

### **Summary**

*Most people have no understanding of how emotions control the direction of their lives; as a result, they are dominated by them. This is not so with believers. We are in charge of our emotions, and we are accountable for how we feel. Self-control is a gift from God, who gave us the authority to master our feelings. Positive emotions move us toward God's will for our lives. Conversely, negative emotions, such as depression, move us away from it. We will never be exempt from our feelings, but we can dominate every emotion we experience when we use the Word of God to handle them.*

#### **A. Christ felt the same emotions we feel. He knows the link between thoughts and feelings.**

1. Jesus knows firsthand about every emotion we could ever experience.
  - a. For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin (Hebrews 4:15).
  - b. God has given us authority over our emotions. He wants us to use that authority to maintain our emotional control.
2. The thoughts we think eventually make their way into our hearts. This determines how we feel.
  - a. For as he thinketh in his heart, so is he... (Proverbs 23:7).
  - b. Whatever we spend the most time thinking about is what will control our feelings.
  - c. This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success (Joshua 1:8)

#### **B. When negative emotions attacked Jesus, He knew how to bring them under control.**

1. And He took with Him Peter and James and John, and began to be struck with terror *and* amazement and deeply troubled *and* depressed. And He said to them, My soul is exceedingly sad (overwhelmed with grief) so that it almost kills Me! Remain here and keep awake *and* be watching. And going a little farther, He fell on the ground and kept praying that if it were possible the [fatal] hour might pass from Him (Mark 14:33-35, *AMPC*).
  - a. Jesus experienced strong emotions when He realized what lay ahead of Him.

- b. Our soul is where our emotions are.
  - c. Regardless of how we feel, if we know we are moving in the direction God wants us to go, we must keep going forward. This is what Jesus did.
  - d. Continuing to move forward and going to God in prayer is something the world rejects.
  - e. Depression is an enemy to our success and happiness. It can also make us physically ill.
2. We must saturate our conscious mind with the knowledge that whatever bad thing happens has already been handled. Trouble will not last.
- a. We can use the situation to build up our faith and become stronger. We can come out of trouble having learned wisdom from going through it.
  - b. The wisdom revealed by going through adversity teaches us which path to go down in life. The path that seems right to us at the time may not be the one that God intends.
  - c. There is a way which seemeth right unto a man, but the end thereof are the ways of death (Proverbs 14:12).

**C. We need to recognize the results of depression.**

1. One result is guilt over something we said or did in the past.
  - a. God has already forgiven us for our mistakes. We can decide whether to receive that forgiveness.
  - b. God has offered salvation to the whole world; we can choose if we will accept it. Forgiveness and salvation are both part of the grace package God offers us.
  - c. For the grace of God that bringeth salvation hath appeared to all men (Titus 2:11).
  - d. If we are carrying guilt, shame, anger, or any other negative emotion, we must forgive ourselves and let go of our emotional baggage.
  - e. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness (1 John 1:9).
2. There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit (Romans 8:1).
  - a. If God forgave Moses, King David, and Paul—all of whom were murderers—He will certainly forgive us. They all received forgiveness, not condemnation.
  - b. Jesus' gift of no condemnation is illustrated with the woman caught in adultery. The law dictated that she should have died; Jesus instead forgave her (John 8:3-11).
3. Jealousy and hostility also result from depression.
  - a. This is evidenced when we feel jealous of others who are happy; we feel hostile because they are not suffering emotionally like we are.
  - b. This is an issue of self-worth. We must decide whether to keep doing what is acceptable to others, or to do what is acceptable for God.
  - c. For do I now persuade men, or God? or do I seek to please men? for if I yet pleased men, I should not be the servant of Christ (Galatians 1:10).

Category: spiritual growth

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