

## **Mastering Your Emotions Over Depression**

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### **Scripture References**

1 Peter 5:7	1 Timothy 6:6
1 Peter 5:7, <i>AMPC</i>	Galatians 3:13
Hebrews 13:5	Genesis 2:18
Hebrews 13:5, <i>AMPC</i>	Proverbs 18:22

### **Summary**

*We can certainly overcome depression, but we must first understand it. The world is convinced that the only way to deal with this emotion is with medication or psychiatric help. There is nothing wrong with those options, but the roots of depression run much deeper than many people realize. Thankfully, God knew in advance depression would exist, and He provided a way out of it through His Word. Our feelings come from the thoughts we think; if we change the way we think, we can change how we feel. We do this by meditating on God's Word, which has the power to renew and refocus our minds from old thought patterns that weigh us down to God's way of thinking, which lifts us up. As free moral agents, we can choose for ourselves how to think; therefore, the decision to win over depressing thoughts is entirely up to us.*

#### **A. Thinking the wrong things affects our emotional state. The end result is depression.**

1. Depression can be seen from three different perspectives.
  - a. It is the result of something external; external pressures get inside our hearts and weigh us down.
  - b. It is stress, and the pressure from it, that has been internalized.
  - c. It is the feelings that come from thinking thoughts that weigh us down.
2. God does not want us to struggle with painful emotions. Instead of simply covering them, He completely takes them away.
  - a. Casting all your care upon him; for he careth for you (1 Peter 5:7).
  - b. Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately *and* cares about you watchfully (1 Peter 5:7, *AMPC*).
3. Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee (Hebrews 13:5).
  - a. Covetousness is mammon-based. Mammon tells us to trust money over God. Unlike mammon, God will never abandon us.
4. Let your character *or* moral disposition be free from love of money [including greed, avarice, lust, and craving for earthly possessions] and be satisfied with your present [circumstances and with what you have]; for He [God] Himself has said, I will not in any way fail you *nor* give you up *nor* leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless *nor* forsake *nor* let [you] down (relax My hold on you)! [Assuredly not!] (Hebrews 13:5, *AMPC*).
  - a. This warns us not to be trapped by mammon. We demonstrate "love of money" when we trust it more than God.

- b. When we are deceived into thinking money can do what only God can do, the end result is depression. God—not money—is the source of joy and happiness.
- c. But godliness with contentment is great gain (1 Timothy 6:6).
- d. We will never be content when we compare ourselves to others.

**B. Jesus Christ redeemed us from the curse and returned our authority over our emotions.**

1. Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree (Galatians 3:13).
  - a. We are no longer under the curse of the law. Jesus was the ransom paid for our legal deliverance.
  - b. Part of the curse that resulted from the sin in the garden of Eden was the curse of being emotionally-ruled.
  - c. Jesus took the authority that Adam and Eve gave away and He put it back into our hands. We are now once again in charge of our emotions.
  - d. Depression is a sickness; Jesus is a healer.
  - e. Our emotional response depends on our reaction to a surrounding condition. *We* have the authority to choose how to react.
2. There are several symptoms accompanying depression.
  - a. One is reclusiveness and withdrawing from reality; it is not okay to spend our lives by ourselves.
  - b. And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him (Genesis 2:18).
  - c. Whoso findeth a wife findeth a good thing, and obtaineth favour of the LORD (Proverbs 18:22).
  - d. Another symptom is passiveness, which leads to an “I do not care” attitude.
  - e. A third symptom is magnifying issues; people who do this make a mountain out of a molehill.
  - f. A fourth symptom is the inability to concentrate or focus on any one thing.

For more on how studying God’s Word conquers depression and lifts our spirits, click on the link below for the CD, *Mastering Your Emotions Over Depression*.

<https://bit.ly/MasteringYourEmotionsOverDepressionCD>

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