

Faith Fight Podcast - Overcoming Depression

The Word of God is the key to overcoming depression and this is a very serious issue because it can lead to serious consequences. Oftentimes people who are stuck in a season of depression don't even know it. So here are some symptoms to let you know if you are suffering with depression.

1. **Feelings of helplessness and hopelessness.** A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.
2. **Loss of interest in daily activities.** You don't care anymore about former hobbies, pastimes, social activities, or sex. You've lost your ability to feel joy and pleasure.
3. **Appetite or weight changes.** Significant weight loss or weight gain—a change of more than 5% of body weight in a month.
4. **Sleep changes.** Either insomnia, especially waking in the early hours of the morning, or oversleeping.
5. **Anger or irritability.** Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.
6. **Loss of energy.** Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.
7. **Self-loathing.** Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.
8. **Reckless behavior.** You engage in escapist behavior such as substance abuse, compulsive gambling, reckless driving, or dangerous sports.
9. **Concentration problems.** Trouble focusing, making decisions, or remembering things.
10. **Unexplained aches and pains.** An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.

I'm going to highlight some verses in just a moment but if you feel like you need help I want to encourage you to seek the counsel of a qualified Christian counsellor if you think you may be dealing with depression.

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*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. - **Philippians 4:8***

What we put into our minds determines how we feel. Paul tells us to program our minds with thoughts that are true, noble, right, pure, lovely, admirable, excellent or praiseworthy. Examine what you are putting into your mind through Television, books, conversation, movies etc. Replace harmful input with wholesome materials. Above all read and pray Gods word.

*The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.- **Deuteronomy 31:8***

God is always with you and will never leave you. Regarding of how the situation looks. He is there with you. Don't allow fear to go infuse your mind to think that the situation is hopeless. God is faithful.

The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. - Psalms 34:17-18

God promises to be near to the broken-hearted and to be our source of power, courage and wisdom helping us through problems. When troubles come, thank God that he is there and hears your call.

But you, LORD, are a shield around me, my glory, the One who lifts my head high - Psalms 3:3

In this psalms David was running for his life and it's in times when we think that we have our backs against the wall that we don't have any way out of that situation. BUT when everything seems to go against us, God is still for us.

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. - Psalms 42:11

When you are feeling sad about yourself or a situation to get out of that slump you need to use praise. Remember all the things that God has got you out of in the past and hope that He will do it again for you.

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. 1 Peter 5:6-7

Carrying your worries, stresses and daily struggles you yourself shows that you have not trusted God fully with your life. Don't submit to the circumstances that you are in but submit to God who controls all circumstances.

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. - Isaiah 41:10

We do not need to allow fear or depression to keep us in a state of paralysis. What this verse is saying is to remember that God is with you, that God has established a relationship with you, and that God gives you assurance of his strength. Help, victory over sin is there when you call His name.

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." 5 Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." 6 He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.- 1 Kings 19:3-6

Always remember to stay in fellowship with other believers that can encourage you. Here Elijah was alone and in the wilderness when depression started to set in.

*The righteous person may have many troubles, but the Lord delivers him from them all; - **Psalms 34:19***

You might be going through a period right now where you may feel depressed, but just know that there are other Christians who have been in the same place emotionally that you are in now and have overcome it. This is not the end of your story. God will deliver you. Keep hope and hold on.

*Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger. **Psalms 8:2***

The depression you face may be an inside battle, meaning your thoughts are mainly negative. This verse gives us direction to allow praise to silence the lies that the enemy has spoken to us at some point in our lives that we may have believed. When we praise God audible out of our mouths it is hard for our thoughts to wonder on negative things. If you try to speak anything out of your mouth you have to first think about it. By speaking you interrupt the negative thought of depression and through praising God you can remind yourself of God's character and unfailing love for you.

Weekly Prayer Plan - Overcoming Depression

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every Week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: Psalms 8

Tuesday: Isaiah 41

Wednesday: 1 Peter 5

Thursday: Psalms 42

Friday: Psalms 34

Saturday: Philippians 4:4-9

Sunday: Psalms 3

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.