



## Dealing With Depression

Defeating depression can be tough, especially for a Christian. Without a doubt, life is challenging. And nearly everyone will feel depressed at some time in their life (1 Cor. 10:12-13). But God does not allow anything to occur in our lives that is beyond his control. Or that is beyond our ability to endure without sinning (1 Cor. 10:13). There are several types of depression. But the two most common types that most people experience are:

**Major Depressive Disorder (MDD)**- is a more severe condition. It lasts months to years with persistent mood changes. Symptoms include crying, sadness, melancholy, guilt, or hopelessness, inactivity and difficulty in thinking and concentration, changes in appetite and sleep disturbances. The most problematic symptom is suicidal thoughts. That is why involving a trained professional is critical.

**Reactive (Situational) Depression**- Self-limited or reactive depression is common. It typically lasts as long as weeks to 1 to 2 months. Reactive depression chiefly occurs after: Giving birth, The death of a loved one  
A physical injury or surgery, Disappointment.

### Defeating Depression Means Knowing its Causes

When sin entered the world (Gen. 3), everything became broken spiritually and physically. Depression is a result of this brokenness. There is no one singular cause of depression. Depression can result from:

Genetic influence

Biological causes- Hormonal imbalances, Neurological disease, Premenstrual depression (PMDD), Infections, Cancer.

Physical factors- Medication side effects, Drug and alcohol addictions, Poor nutrition, Sleep disorders, Vitamin D deficiency.

Emotional problems- Stress, Grief, Financial challenges, Divorce, Abuse, trauma.

Spiritual causes- Satanic attack, Sin in your life (Psalm 32:3-5)

**Seeking Help in Defeating depression requires a multifaceted approach.**

**Seek Medical Help:** A trained mental health specialist needs to diagnose and treat MDD. In particular, look for a mental health professional who practices Christian principles. Visit your primary care physician. They can screen for physical factors that might be contributing to your depression.

**Seek Spiritual Help:** Defeating Depression Using the Put-off and Put-On Principle. Ephesians 4:22-24 describes the process of transformation into a "new self." In essence it involves three stages:

Firstly, “putting off” the old self of our former way of life (Col. 3:8-9)  
Secondly, being transformed in our mind in Christ (Rom. 12:2)  
Finally, “putting on” our daily renewed new self (2 Cor. 4:16) through the indwelling Holy Spirit (Rom. 8:26)

**7-Step Christian Approach to Defeat Depression**-As an illustration, the put-on and the put-off process is a helpful model for defeating depression. We overcome depression by “putting on” 7 steps:

**1.Biblical thinking**- take control of your thoughts (mind). Godly thoughts will lead to godly actions (behaviors). And godly actions control our emotions (Colossians 3:2).

**2.Putting Scripture into our minds**- concentration in God’s Word consistently (1 John 2:3-6) instead of dwelling on things that lead to sin.  
Study (2 Tim. 2:15) Meditation (Josh. 1:8) Memorization (Psa. 119:11, 16).  
Obedience resulting in godliness (1 Tim.4:7-8)

**3.Speaking to God in prayer**. Pray without ceasing 1 Thess. 5:16

**4.Biblical speaking to others**- Being around other believers gives us the chance to learn and grow in our faith, as well as receive support and prayers.

**5.Biblical action**- living a faithful life that pleases God (1 Tim. 4:7-11)

**6.Supportive community of Christians**- Being with other Christians, mentors. Reach out to other Christians at church, at work, in your local community (Heb. 10:23-25).

**7.Physical and mental health maintenance**- A healthy diet, Exercise (Romans 12:1) Identify and avoid situations that cause depression or make it worse.

### **Myth: Christians Who Take Antidepressant Medication Are Not Relying On God**

Many Christians believe that there are only two choices when it comes to help with depression- taking medication or relying on God. The truth is God can work through medication and the doctors. But ultimately the decision is up to the individual and the choice should be made with much prayer for direction.

Ponder on the following scriptures: doctors (Matt 9:12), (Isaiah 1:6) oil (James 5:14) oil and wine (Luke 10:34) leaves (Ezekiel 47:12) balm (Jeremiah 8:22), Luke was a physician (Col 4:14). Paul’s advice to Timothy (1 Timothy 5:23).

If someone in your life struggles with depression—reach out to them. Listen and give them hope! Also, help them find a godly and trained pastor or counselor. If you struggle with depression, get help. You are not alone, and there are resources to help you.

If you desire prayer, contact us through our website and submit your prayer request. We would love to pray for you and believe God with you for whatever you are desiring spiritually for your life.

God Bless!