

LORD IS OUR SHEPHERD!



DEPRESSION

PART 1- LEARN HOW TO RECOGNIZE THE
PROBLEM AND SEEK FOR HELP

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DEPRESSION

IT IS CALLED SOMETIMES, A DISEASE OF 21 SENTRY, OR NOW A DAYES ILLNESS. SURTALNY, IT IS A VERY SERIOUS STATE OF MIND.

HOW TO RECOGNIZE IF YOU ARE DEPRESSED?

If you start looking for tests online to see If you need help, you may across questions as: " Do you feel sad most of the time? or something like "Do you find yourself crying for no reason?" etc. Everyone has a bad day or two, everyone gets emotional from time to time. The problem begins when a bad day becomes a bad week, and a bad week, a bad month and in a short period you find yourself stuck in a circle and it seems that there is no way out.

Modern, worldly psychologists are advising that your issues started and progress in the direction that is out of your control and even that you're to fault for having them. As Christians, we are exposed to the 24/7 attack from the enemy (the devil), and he sometimes attacks our mind, knowing our weaknesses, so he turns people around us or he leads us to misunderstand someone.

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

(Matthew 11:28, KJV)

Lord, our God, our heavenly Father, doesn't want to see His children worried. He told us to give up all our burden and came to Him so He will give us rest. If you are saved, then, by salvation itself you should enjoy your life. There is a story about **discouragement** that I've shared with my congregation and asked them to remember it:

The devil was one day, trying to sell his tolls to the people. He thought if he can converse people to use lies, disobedience, act immorally and start stealing they will go away from our Lord. So he set up his "market". People were looking around and asking for prices. An interesting thing happened when someone asked the devil, what do you want to **discouragement**? He smiled and answered, **discouragement** is the only tool he is not willing to sell. It is his most powerful weapon.

We can learn from this story that the devil wants you to be discouraged, depressed, and anxious, so that he can play with your mind, as a toy. I have good news for you. Depression is not your fault. Anxiety is not your fault. God gave you joy, He wants you happy, he wants you healthy, He loves you! He showmen that love on the cross!

Now, let's see what God wants you to do about that.



HOW TO BE SURE THAT YOU ARE DEPRESSED?

YOU WILL SEE SOME STATEMENTS BELOW, THE MORE STATEMENTS APPLIES FOR YOU, THE BIGGER PROBLEM IS:

1. I am not giving a portion of my time to God, I don't have time/will/the need.
2. When I see the beautiful creation of life, it doesn't give me a good feeling.
3. Even I'd prayed over and over, I still worry.
4. I don't feel my life in wording anything, I would rather not live.
5. The more I try to work, the more mistakes I made that I cannot stand.
6. It seems impossible to make yourself do something, or exercise, you would rather sleep around the whole day.
7. I eat too much/ I don't eat enough (I don't have appétit)
8. I feel tense, my heart beeps rapidly.
9. (For married couples only) I don't enjoy the company of my wife/husband.
10. I have a temptation to start abusing alcohol/drugs.
11. I stay up late/ I sleep too much (more than 9 hours).
12. I laugh/smile less and less
13. I don't trust God anymore. He didn't answer my prayer.
14. I don't like going to Church/ community happenings.
15. I wish I was never born.

READ EVERY STATEMENT AND COUNT HOW MANY OF IT APPLIES TO YOU LIFE . _____/15

IF YOUR ANSWER IS MORE THAN 3 THEN THE NEXT SECTION IS FOR YOU, IF NOT THEN YOU ARE TEPERELY FEELING DOWN, KEEP THE GOOD WORK AND REMEMBER TO DAILY TAKE YOUR DAILY BREAD.

SEEKING FOR HELP

If your score is high, you probably feel a little anxious or depressed right now. Please, don't be, don't let the enemy another second to have control of your mind. All those negative feelings come from him, it's important to understand the origins of your feelings. I will ask you one more time to pray that God opens your ears and eyes so you can see and hear His voice and His will, pray that you to discard the baggage of guilt and self-blame.

After your prayer, I want to remained you of Psalm 23. In this Psalm we see David worshiping our Lord and saying all the things Lord is giving him, all the things he needs. First, he needs a shepherd. Do you need a shepherd? You would be fooling yourself if you think you don't. Lord is a good shepherd. We remember Jesus saying for Himself in John 10:11:

"I am the good shepherd: the good shepherd giveth his life for the sheep." (KJV)



In addition to the statement that depression is a state of mind, it is also a battlefield of a mind and sometimes it can be a Spiritual battle. In the next few parts (2&3) we will talk more about it. David is a good example of a person who is depressed and who is full of joy.

23¹The Lord is my shepherd; I shall not want.

2²He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3³He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

4⁴Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

5⁵Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

6⁶Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

Analyze



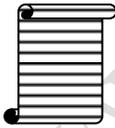
Read these verses a few times and think about them for a while. Try to answer these questions:

1. When did David write this Psalm?

2. What does he mean when he says "The Lord is are my Shepherd"?

3. How do you feel when Davis says "I will fear no evil"? Does that make you braver?

Analyze



Now, please try to remember the people with whom you spend the most time. Is any of them have negative feelings?

People, especially unbelievers, can make us feel bad about our self thru their comments/behavior. You need to pray for these people so that God can change them thru the Holy Spirit.

Fear thou not; for I am with thee; be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

(Isaiah 41:10, KJV)



WORKSHEET

This part is designed for home groups/home Bible study or work in a pair. Take some time to pray, read all the questions, and answer honestly. There is no need to lie, I suppose you're among friends. And by lying you create more problems and solve non. After you've filled in all the questions give your paper to the person next to you. That way everyone will read someone else's answers and everyone will be objective. Discus all the answers individually and don't forget to pray and worship at the beginning and end of every meeting.

1. Are you living in sin? There is a sin you didn't confess and repent?

2. Are there any problems at work such as new responsibilities, longer hours, or poor management?

3. Are you in conflict or argument with anyone?

4. How much time are you spending with God? Do you do it every day?

5. Are you going thru some changes in life?

6. Do you need material help?

