

Depression

Most of us go through life with emotional ups and downs, or good times and bad times. Most of us have had to deal with one or more difficult times in our lives that made us feel sad or depressed. Usually, most people can deal with these down times, and eventually, with struggle crawl out of it and return to some kind of a more “normal” or happier place in their lives.

Dealing with the loss of a spouse or a child is horrible, but most people eventually accept that loss and at least try to move on. Sometime loss of a job or some other life change can lead to a dark time but eventually most people don't stay in this troubled time. Almost every human will deal with a depressed or sad period in their lives that eventually gets less difficult. Sometimes, with some people, the feeling of depression can be even worse or longer lasting. Their depression is like crawling into that dark time for months and months with no end in sight.

However, once again the Bible does give a Christian help dealing with these difficult issues if we will only follow the instructions He has given us. Being an obedient Christian can help one face and overcome times of sadness and loss no matter how depressing it may be, even though it might be very difficult.

Scriptures

Psalms 9:9 “The LORD also will be a refuge for the oppressed, a refuge in times of trouble”

Sometimes life here on earth is hard and not fair. God never promised that it would be, even to those that are faithful to Him. However, a faithful Christian knows these trouble or depressed times are only temporary. They know that in Heaven those that have been obedient have eternal refuge from sorrows.

Psalms 23:4 “Yea, 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” You have very likely heard this verse before. The entire 23rd Psalm is comforting. A Christian will face adversity and sadness knowing they are not alone and that God is with them helps ease these burdens. While this life can be challenging sometimes, a Christian's eternal reward with God lets us know without a doubt things will get better if not in this life, certainly in the next.

Psalms 30:5 “For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning” Any depression or suffering we endure on Earth in not forever, but for just a moment. Eternal life for a Christian will be never ending joy.

Proverbs 12:25 “Heaviness in the heart of man maketh it stoop: but a good word maketh it glad” Depression can weigh you down and make everything in life much more difficult than it has to be. A Christian will have struggles in life but knows nothing can take a home in Heaven away if they remain faithful to God.

Isaiah 41:10 “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” God loves us and gave His son for us. He wants us to reach out to Him and He will always be ready to take our hand, IF we obey Him. If we are obedient Christians this life is

easier knowing we are not alone and the next life will be a wonderful blessing for us with no reason for depression.

Matthew 11:28 “Come unto me, all ye that labour and are heavy laden, and I will give you rest” Jesus suffered for us so that we can turn to Him for eternal redemption. That promise of a Heavenly home to all faithful Christians will lighten the load and sorrows in our lives, IF we let it. Jesus will not move away from us, but we do often move away from Him. If and when we come back to Him, Jesus will be there for us.

John 10:10 “The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly” Christ does not promise us an easy life but He does not want us to suffer or be sad. He endured the torture of the cross so we can turn to Him and obtain salvation IF we are obedient.

Romans 12:2 “And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God” Don’t be trapped by the cares of this material world, but realize there is more to life beyond the material plane. Don’t blend in blindly with the material world but rise above it, become a Christian, and follow God. This material world and all its troubles and sorrows will be so much less important to us if we can only do that.

Philippians 4:6-7 “Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus” A faithful Christian can go to God in prayer with life’s troubles and sadness. God will answer the prayers of His faithful followers, though we might not always like the answers, but how comforting to know the creator cares. This does not mean one will hear the voice of God in their heads or that they will get all their wishes fulfilled, but rather it means He is there ready to listen and if we are obedient, we can see Heaven.

2 Timothy 1:7 “For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind” If we are a child of God this world has nothing to be fearful of or depressed about for very long, but an eternal reward is waiting for those that faithfully follow Him.

1 Peter 5:7 “Casting all your care upon him; for he careth for you” God loves you, He cares about you. A Faithful Christian will have the difficulties and sadness that everyone else does, but knows if they live a life pleasing to God nothing else really matters.

Revelation 21:4 “And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away” This life has times of being depressed or sad, but IF we are faithful to God in eternity, He will take all that away forever.

Conclusion

Unfortunately, most of us will experience times of loss or change in our lives that can lead to periods of depression. Sometimes dealing with depression can be a long and difficult challenge.

Being a Christian does not mean life will be easy with no times of trial, but it does mean God is on our side and we can find comfort in the Scripture which will help us IF we let it.