

Depression What to do About It!

What is that you say, get rid of it? yes but how? First I'll go through and define it and some of the many ways it comes to rest upon us, followed hopefully by getting rid of it!

Depression: some definitions according to Merriam-Webster Dictionary it defines it as: "a state of feeling sad", "a pressing down", a depressed area", "a psychological disorder marked esp. by sadness, inactivity, difficulty in thinking and concentration, and feeling of dejection."

First off "a pressing down", and "a depressed area" is not what we're talking about, That is like a depression in sand. We're talking about a state of feeling sad which can lead deeper if we let it take hold of us. A few things to note, one depression is a burden, a burden that Christians have no need to carry for it was left at Calvary, so why do we hold on to it, let it take hold of us? We should have joy for nothing is greater than the sin that was lifted off of us. Depression can be a big thing, a love one dieing, an opportunity missed, but we can't let this drag us down deeper and deeper, mourning is right and good, but don't fall trap to it going from mourning to depression.

Some ways we may get depressed, losing a love one. We wonder how we shall ever go on. Something to remember is no one can ever be the same as one lost, but Jesus can help to fix the hole in our heart where they once dwelt. We need to do our best to look at those blessing even in times of trial. You could be all alone in this world and still have blessings, for Jesus has already given you the greatest, which is cleansing of your sin. We have #1 blessing down, lets find some more. We have a friend in Jesus.

Does anyone remember what Jesus did when He was nearing the great agony of the cross? He went to God in prayer, saying " **O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.**" Matthew 26:39b We have trials in life, some can be really hard to get through, as Jesus said he would that the trial would pass from Him but He would do God's will. God blesses us with strength for each trial that comes, some times we go down into the valley of depression, but don't take up residency. When we reside it is due to us not trusting in God.

Another thing that can lead to depression is worry, worry about our finances, love ones, tomorrow, next year. Too much is not good, better to be trusting in God to take care of it, if we need to take care of it then do it, don't worry about it! This one is my biggy I'm perhaps a worry wart. Where is my reliance on God? Out the door and here comes Mr. Worry pressing me on all sides with guilt, what I should be doing at that time is looking to God in prayer, requesting that I would trust more, and more.

Depression can overwhelm, like other things, such as lust, greed, it can take over our lives. We are not to live in depression this doesn't glorify and honor God. People look at us and say what happened to his hope? Isn't he one of those Christians, they may think that Christianity must be depressing because that is how you are witnessing to them. We can't tear down the wall of depression on our own, for our strength is weak, we need the sword of God, chipping away at it tearing it down.

Look to God's Word Jesus took depression in its greatest form and conquered it, what an overwhelming burden all of our sins must have been! He took the depression of death and changed it into eternal life! He took worry and turned it into Joy! He said money is not riches, for he cast away the money changer tables, called forth Matthew out of tax collecting. He said your fellow humans are riches! Jesus lived each day, taking time; to preach unto the multitude, to heal them.

Cast aside your depression and live in Christ, for we are not to wallow in misery for Jesus died so that we may stay away from the greatest misery of all being eternally separated in hell from God. The love one that dies in Christ goes onto joy, we should look forward to that day when we shall be together again.

The past is a great learning tool, a good book to read over and learn from.

Today is the day to live to the fullest in Christ.

Tomorrow is yet to be written.

Remember that we are to go forward in the Grace of God daily this deals a giant blow to the demon of depression.

-Jonathan G. Koehn