# Overcoming Depression

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*God bless you,*

Oluwatobi S. Adewuyi

Coordinator

**Topic:**

**OVERCOMING DEPRESSION**

**Key Text: Jeremiah 29:11**

**Teacher: Moses O. Adewuyi**

**Prayer**

Mighty God we humble ourselves before You, ready to study Your Word. We ask for the direction of The Holy Spirit as we study at Your feet in Jesus name we have prayed. Amen

**Study**

Actually, we were supposed to have this study yesterday but one thing came up and we couldn't so we are having it today. This topic is not something we can just neglect, it's something that is currently affecting a lot of people including believers and I'm even sure it's affecting someone here but by the help of The Holy Spirit, after this teaching, you will be free in Jesus name.Amen

This teaching is one of the rare teachings of this time and I want us to be so ready to receive from The Holy Spirit tonight, don't be distracted please, let's focus with rapt attention, may God help us. Let's fly in The Spirit.

**Jeremiah 29:11 KJV** For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

During Our Word and fire program days back, we were introduced into the topic depression but by the grace of God, we are going into it fully tonight. Firstly,

**What is Depression?**

**DEPRESSION** is defined as a serious medical condition in which a person feels very sad, hopeless and unimportant and often is unable to live in a normal way. Depression is a kind of inward diseas, it's effect is later seen through actions of the affected person. When a person has measles, the body is seen with some swollen boils and this way we understand that the particular person is infected with measles but when someone is under the influence of depression, nothing

will show on the body, you will only know the person is under the influence of this deadly thing through the actions and words of such person. Depression is one of the major tools the devil is using these days to afflict and capture not only unbelievers but even Christians who seem to be loose and the reason the devil applies this cunning strategy is because depression kills slowly but may sometimes be fast in helping a person make a wrong decision. No matter who a person is, no matter the age of the person, the devil is able to fire the arrow of depression into the person's life and the person starts thinking of doing strange things like committing suicide, running away to an unknown destination and doing all sort of disgusting and strange things.

Have you ever wondered how a 12 year old boy or girl would commit suicide because his/her girlfriend/boyfriend left him/her? It may sound ridiculous but these things are true, you would see a married man with 3 kids still running away from home and neglecting his famil, are these things normal?? Not really, most are as a result of depression, the devil knows how to position this tool very well and use it to acquire his bad plan/thoughts.

Are you with me please?

Looking at our text, God is saying that His thoughts towards us are thoughts of peace. Whatsoever The Lord has for us are good things, even an unbeliever, the thought God has for him is good because God wants him to get saved and move closer to Him so that he won't spend eternity in hell, is that not a great love. He already said it that His thoughts towards us are not of evil, why then do people still think evil about themselves and fall sick.It's a pity and our adversary the devil is a master at using anything that he can use in drawing people away from The Father. A brother told me sometime ago that The Lord opened his eyes and he saw depression in the Church of God, this is not even among unbelievers, this is amongst the fold of Christ. This is part of the reasons I told us that it's not only unbelievers that depression affects these days, there are lots of Christians passing through a lot, you will just hear that a Christian took poison and now dead, Why? Why? Why? This is a serious matter, please don't joke with this teaching whether you have experienced it before or not, just try to listen attentively please, I beg us, Depression can be categorized into two which are **Spiritual depression and physical depression.**

**Spiritual** depression is the depression that arises against one's Spiritual life while physical depression is the depression that arises against one's physical, mental, emotional and psychological state. Whether it's a Spiritual or physical depression, it's still capable of making a big man go totally bankrupt and tired of living. At a particular point in time, a particular spirit might have said to you "why are you still living and that is life worth living" I'm very sure that one or two persons would have experienced such here before.

But the fact that you are still living is something to be thankful for because many have died that way, some people woke up in the morning, decided to walk with their legs to a bridge and sank themselves in the ocean, it's because depression had taken a toll on them They were no more themselves, they were under the influence of something, they couldn't just help themselves, they had to do something but it's painful that the things they could think of doing wasn't the right thing they should have done but it became too late before they could retrace their steps back.

Let's move, what are the causes of depression, it's true that the devil is the main pioneer of this particular thing but there are still some strategies he uses to achieve his aim, we are going to look at the causes of depression. It's when we know the causes that we will know how to overcome it.

**Causes of depression**

1. **Anxious fear (Anxiety) in the heart of man:**

**Proverbs 12:25** Anxiety's you have in the heart of man causes depression, But a good word makes me it glad.

Most times, fear is one of the powerful tool the devil uses to trigger depression in anybody he wants to attack, the moment he projects fear into the person's life, he will be able to proceed with his plan. Fear of failure, fear of not making it in a particular business or fear of not doing well, the person keeps thinking about all these. The devil will come and speak to the person telling him that do you think what you laid your hands upon will prosper? What if it fails? How will it be? People will mock you and say things at you, they will make jest of you and you will look foolish, why don't you just leave this world so that they won't have

anybody to talk to or mock once you are gone and if the person is not careful, he will hearken to these deceiving words and might go with the advice. Some people even fear the unknown, something that is yet to happen, such person is already entertaining fear and whether the particular thing will come out fine or not, they are not waiting to hear, they are just scared and once they keep accommodating the thoughts, it soon turns into depression, they start getting highly depressed about what the result would be and might even die of thoughts before the results they are expecting comes out.

2. **Worrying beyond the norma**l: This strategy is also useful to the devil, there are times people just get worried over nothing. Some will start thinking what they will eat in the next two weeks, Kai, you don't know whether you would even live to see that day yet you are worried about what you will eat then, some will worry about the clothes they will wear during new year's period and how they will stand out so that people won't be looking at them like a wretched fellow or family, why all these thoughts? They keep thinking and thinking about how they will get money and before they know they fall sick, what a life! Some people worry because they have not gotten married, they keep thinking about their mates that have gotten married with 3 kids, 2 boys and 1 girl but they will never think about their mates that are in the mortuary, why? They begin to look thin and grow weary till an unknown sickness comes upon them and they die untimely, because of a thought that is not worth it.

3. **Loss of Hope/Giving up easily and being in the company of those who discourages:** A lot of people lose hope easily and give up when they just started trying, an adage says quitters never win while winners never quit, once they try a particular thing and it doesn't work, they give up easily and lose hope in such things, they find it difficult to stand for a while without them shaking. Another is moving with those who discourage, there are some set of people we are not allowed to move with because they can discourage you to the point that you will give up, someone who knows how emotional and fragile his/her heart is, such person now keeps moving with those who can't encourage him/her.Hmmm, such person will fall prey to depression if not careful. There are some times that you get strength from those encouragin you but if you refuse to move with those who will encourage you but you are always moving with those who will discourage

you, you may get to the point of being depressed.

4. **Lack of patience: Romans 8:25** But if we hope for that we see not, then do we with patience wait for it. The Bible says for a person to be able to hope for something the person must be able to wait with patience, lack of patience will make someone run out of calmness, such a person will find it difficult to just keep thinking and thinking and thinking. Lack of patience can build up depression in a person till he/she gives up on life.

Hope we are getting this?

5. **Lack of faith in God: Mark 4:40** And he said unto them, Why are ye so fearful? how is it that ye have no faith? One of the major reasons Christians are attacked with depression is the lack of faith in God, when a person doesn't believe that God can change his story and attend to his situation, he will keep thinking and brooding till depression takes over.

Someone who has faith in God will find it hard to fall prey to depression because he/she will always believe in God for anything whatsoever. It's not everyone that goes to church that has faith, faith is not written on the forehead of people, most people are going to church to fulfill all righteousness not that they have faith that God can attend to their situation and this is part of what causes depression because they will find it hard to call upon God the way they ought to.

6. **Expecting too much from something or someone: This** is a common thing, when you expect too much from someone or something and they let you down, such a person tends to get weighed down and feel downcast and if such person is not careful, he or she will keep thinking and brooding over such matter which can later lead to depression.

7**. Lack of knowledge of The Word of God which makes one ignorant of His promises: Hosea 4:6** My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children. A lot of people who get depressed these days have little knowledge about The Word of God, they are not really grafted in the word because when you see someone who really studies The Word, the person will know God's plan for his/her life and

will know it's not a time to brood or think over anything but to hand over everything to God because the appointed time will surely come. Anybody who finds it difficult to study The Word of God very well will mostly fall prey to depression because he/she won't know that God has a good plan for everybody on Earth but it determines on how you give in yourself for Him to work on you. These are the major causes of depression amongst others, but these are the ones we will be able to touch tonight while we move to how to overcome depression.

I hope you are still with me?

**HOW TO OVERCOME DEPRESSION**

Having known what depression is and how they affect lives, let's now look at how to overcome this deadly thing which kills as it likes. According to research, Globally, it is estimated that 5.0% of adults suffer from depression. Depression is a leading cause of disability worldwide and is a major contributor to the overall global burden of disease. More women are affected by depression than men. Therefore, let's look at the easy ways to overcome it.

1. **Be born again if you are not born again yet: it's** a spirit that is sponsoring depression and if you don't accept Christ, you may not be able to attack it fully even if you use the remaining method, therefore if you have not used your mouth to confess Him as your personal lord and savior before, kindly do so now so as to be free from depression easily.

2. **Stay away completely from those who don't have comforting words:**Some people are specially sent by the devil to add salt to fresh wounds and these people can use their mouths to utter unpleasant words which can trigger depression in the life of such person if not careful. Anybody who doesn't have comforting words to utter to your life which will save you from brooding on unnecessary issues should be cut off, cut your relationship with them so that they don't trigger depression in you.

3. **Don't raise your hopes too high on something or someone because things tend to change and people tend to change, trust only in God:** Never raise your high hope on people, don't expect too much from a particular thing or person because nobody is to be trusted except God. That person or thing that you place

high hopes on might fail you.

4. **Cast your cares and burden on Jesus: Matthew 11:28** Come unto me, all ye that labour and are heavy laden, and I will give you rest. Irrespective of whatsoever you are passing through, cast everything on Jesus, learn to trust and believe in Him, once you leave everything to Him, He will surely answer you. Thinking and brooding over them won't solve anything, rather, cast everything on Jesus and live a peaceful life and you will be free.

5. **Have faith in His word as you study it daily: John 16:33** These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world. Jesus said we will pass through tribulations but that we should be of good cheer that He has overcome the world, therefore, always believe and have faith in these comforting words as you study your Bible daily. Lack of studying of The Word of God will make one be open to the devil's attack, when The Word of God dwells richly in a life, the person finds it hard to fall under the influence of depression, never!

6. **When you feel depressed, encourage yourself in The Lord:** Most times, there is always no one to encourage and cheer you up but you just have to do it yourself, once you any iota of depression in you, stand in front of a mirror and say to yourself that, "I'm the best version of myself, God created me in His own image, I'm loved by God and I will never go down or weary, everything will be fine with me". These words alone are enough to reduce depression in a man at that moment because when said from the depth of the heart, the person feels relaxed a bit having assured him/herself.

**7. Rebuke the Spirit of fear in you: Romans 8:15** For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father .As we know that fear has its way of making someone get depressed, therefore, once you notice depression is setting in through fear rebuke the fear instantly using The Bible verses that are against fear. Send the Spirit to hell, send it out of your life because fear is sponsored by a spirit and once you are able to do it successfully the chances of getting depressed through fear are low.

8. **Don't stay alone or in a lonely place if you notice you are getting depressed:**

Most times, depression is easy to capture a person when he/she is alone, once you notice that you are getting depressed, stay in the midst of those who can make you laugh, refuse staying alone because when you stay alone there is assurance that you tend to think and the devil uses that opportunity to project such thoughts into you. Just know when you feel down and weak and it's leading to depression, mix with people and don't sit alone so that you won't have time to keep brooding over an issue.

9**. Get engaged in things that you are always happy doing, it will help brighten your mood:** Whenever you feel depression is setting in get involved in those things that can make you happy (not things that involve sin though), things like your hobbies, exercises and you can even read funny stories just to make you laugh and brighten your mood. The moment your mood is brightened, you will find out that depression will have no place in your life, it will leave instantly because depression never allows happiness.

10. **Be a prayer addict: Depression** is sponsored by a spirit, being a prayer addict will help you to always overcome it in your life, pray seriously against such spirit when you notice it in your life, don't wait till when it's getting to the peak before you start praying, pray before it, during it and after it. Pray without ceasing.

And lastly, **Always ensure you eat good food and rest well:**

Most times, when depression sets in little by little, the person finds it hard to rest and eat well, once you notice such in you, that is the time to eat good food and rest like never before. Give yourself a treat and after taking that delicious meal, put on the fan or Air conditioner and look for a very soft bed then sleep off, you will notice that once you wake up depression would have reduced greatly and you will feel better. I believe we have been able to deal greatly with depression, Glory be to God in the highest, we have come to the end of the teaching,

Thanks for your time! May The Lord remove all form of depression from our lives in Jesus mighty name Amen!

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| **Bible Study Materials in (PDF's Formats)** | | |
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| 7. Who Touched Me | 109. Mystery Of Planted Seeds | 16. Forgiveness |
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| 10. To Catch Him In His Words | 112. Sanctification | 19. The Efficacy Of God's Word |
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| 19. His Healing Wings | 118. Spiritual Checkpoint | 27. The Hidden Things Of Shame |
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| 27. The Missing Foundation (Part 2) | 126. Secret Sins | 35. Deceit |
| 28. The Right Attitude | 127. The Sheep and The Goats | 36. Hour of Prayer (Part 1, 2, 3) |
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| 55. A Living Testament | 152. The Gospel In Power | 59. The Gospel of Christ (Part 3,4,5,6,7 & 8) |
| 56. Conquering Evil Dreams | 153. Basic Rules of Christian Living | 60. The Power in the Word-Flesh |
| 57. The Armour Of God | 154. Look at Them | 61. Walking in the Spirit |
| 58. Unhealthy Parental Love | 155. What Instrument Are Ye? | 62. Firm Foundation |
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| 61. The Master's Master | 158. Christian Stewardship | 65. Don't give what is Holy to Dogs |
| 62. Doors Of The Mouth | 159. The Principle of Honour | 66. Fighting Against the Dangerous spirit |
| 63. The Church Pattern | 160. Backsliding | of the End-Time (April, 2021) |
| 64. The Deceived | 161. Christians as Lights | 67. Excellency of Speech and Wisdom |
| 65. Embargo Must Expire | 162. Like The Days of Noah | 68. Honesty and Godly Sincerity |
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| 69. Exposed By Light | 166. Who is Christ to You? | 72. Awakening From Spiritual Slumber - (Fasting & Prayer) |
| 70. She Gave Me | 167. The Test of True Friendship | 73. Fruit of the Spirit (Part |
| 71. The Falling Away | 168. Christians as Salt | |
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| 73. Praise & Worship - Kingdom Investment Series | 170. Cut It Off | |

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| 74. Bible Study - Kingdom Investment Series<br>75. Offering - Kingdom Investment Series<br>76. Evangelism - Kingdom Investment Series<br>77. Prayers - Kingdom Investment Series<br>78. Tithes - Kingdom Investment Series<br>79. Service - Kingdom Investment Series<br>80. Ministries Of The Devil<br>81. Burning Incense<br>82. The Heart Of Man<br>83. Keys Of The Kingdom<br>81. Building Your Faith<br>82. Mr Devil's Business<br>83. Water Baptism<br>84. Mystery Of Foolishness<br>85. Mr Gehazi | 171. The Seed<br>172. Christian Soldiers on Duty<br>173. Swordless Soldiers<br>174. The Journey to Tarshish<br>175. Following Christ at a Distance<br>176. Making Jesus the Center of it All<br>177. Wells Without Water<br>178. Mystery of Unconfessed Sins<br>179. They are Watching<br>180. The Second Touch<br>181. Four Heart Postures of Man<br>182. Leaving & Cleaving<br>183. Time<br>184. Christ's True Followers<br>185. Life in the Tomb<br>**Drama Scripts**<br>1. Absolute Freedom<br>2. Grave Clothes | 1&2,3,4,5,6,7,8,9 & 10)<br>74. Let Fire Fall<br>75. Mockers & Deceivers of the last days<br>76. Like little Children (Part 1, 2 & 3)<br>77. Christ Crucified<br>78. The Rod<br>79. Sin in the church<br>80. The Tongue<br>81. The Limitations of Riches<br>82. The End Time (Parts 1 & 3)<br>83. War Against Satanic Reconfiguration<br>84. The Ten Commandments (Parts 1, 2, and 3)<br>85. The Gospel In Power<br>86. Do It Yourself<br>87. True and False Ministers<br>88. Revoking the Grip of Past Mistakes<br>89. The Reality of the |

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| 86. Kibroth-Hattaavah<br>87. Forgiveness<br>88. Idle Words<br>89. The Unforgettable Sleep<br>90. Evil Comparison<br>91. Endurance<br>92. Knowing God<br>93. Persecution Of The Church<br>94. Enduring To The End<br>95. Learning From Moses<br>96. Conquering Fear<br>97. Learning From Job<br>98. The Renewed Mind<br>99. The Intercessors Call<br>100. Are You A Murderer? | 3. Nailed<br>4. Spiritual War<br>5. The Visit<br>6. World Changers<br>7. Pathfinder<br>**Audio Messages (AAC Formats)**<br>1. Hunger And Thirst<br>2. Being Your Brother's Keeper<br>3. Keeping Your Tongue<br>4. The Ways Of God<br>5. Christian Living<br>6. Controlling Your Thoughts<br>7. Three Anti-Spiritual Growth Spirits<br>8. Enticed To Be Captured<br>9. Overcoming Sin | Word<br>90. Sustaining the Heart Posture of Thanksgiving<br>91. Your Possession in Christ<br>92. The world Passeth Away |

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your testimony if the Lord has touched your life in anyway through any of these messages.

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