

Overcome Depression and Negative Thoughts

Anxiety in the heart of man causes depression, but a good word makes it glad. Proverbs 12:25 NKJV

4 Root Causes of Depression:

Biological: a chemical imbalance, or chronic pain, hormonal changes, nutrition deficit, lack of sleep, exercise or sunlight.

Relational: going through a divorce, problems with your kids, spouse, or someone you love. Isolation.

Circumstantial: lost someone close to you, grieving over a trauma, financial difficulties, retirement, loss of job, empty nester.

Spiritual: spiritual attacks from the enemy.

For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Ephesians 6:12^{NLT}

1. Your emotions are valid, but they are not permanent.

I am the man who has seen affliction by the rod of the LORD's wrath. He has driven me away and made me walk in darkness rather than light; indeed, he has turned his hand against me again and again, all day long...He has besieged me and surrounded me with bitterness and hardship. He has made me dwell in darkness like those long dead. He has walled me in so I cannot escape; he has weighed me down with chains. Even when I call out or cry for help, he shuts out my prayer...I have been deprived of peace; I have forgotten what prosperity is. So I say, "My splendor is gone and all that I had hoped from the LORD." I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Lamentations 3:1-3, 5-8, 17-20^{NIV}

2. Your situation feels hopeless, but there is always hope in God!

Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. Lamentations 3:21-23^{NIV}

3. Speak to yourself.

I say to myself, "The LORD is my portion; therefore I will wait for him." The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD. It is good for a man to bear the yoke while he is young. Let him sit alone in silence, for the LORD has laid it on him. Let him bury his face in the dust—there may yet be hope. Lamentations 3:24-29^{NIV}

The LORD is my portion; I have promised to keep Your words. I sought Your favor with all *my* heart; Be gracious to me according to Your word. Psalm 119:57-58^{NAS}

And the LORD said to Aaron, "You shall have no inheritance in their land, neither shall you have any portion among them. I am your portion and your inheritance among the people of Israel. Numbers 18:20^{ESV}

Say to yourself: "My God is good."

"I'm gonna get some good sleep."

"I'm gonna change my diet."

"I'm gonna turn off social media and open the Word."

"I'm gonna call a counselor, or go see a doctor."

Message Notes: The Holy Bible, New King James Version, New International Version, English Standard Version. *Peace of Mind*, by Craig Groeschel. *How Christians Can Fight Depression*, by Gabrielle Redcay, billygraham.org, Never Give Up, by John Mason. Your Best Life Begins Each Morning, by Joel Osteen. Do It for A Day, by Mark Batterson.