

Why Am I Not Happy?

Our Mission: To take as many people to Heaven as we can before we die. Period.

"I came to give life with joy and abundance." **John 10:10 VCE**

Depression is neither 1) a sin or a 2) sign of weakness.

Depression is not something a person chooses.

Rather it is something a person must choose how to deal with.

1. Cry out to Jesus...He understands your pain.

He was despised and rejected by men, a man of sorrows and acquainted with grief... **Isaiah 53:3 ESV**

For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. **Hebrews 4:15 ESV**

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. **Hebrews 4:16 ESV**

2. Talk to someone who can help.

...confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much. **James 5:16 NAS**

The Lord God is my Strength, my personal bravery, and my invincible army; He...will make me to walk [not to stand still in terror, but to walk] and make [spiritual] progress upon my high places [of trouble, suffering, or responsibility]! **Habakkuk 3:19a AMP**

...the truth will free you... **John 8:31 MSG**

3. Stay in Christian community.

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another... **Hebrews 10:24-25a NLT**

4. Unplug from social media.

Each person should judge his own actions and not compare himself with others. Then he can be proud for what he himself has done. **Galatians 6:4 NIV**

5. Count your blessings.

...give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:18 ESV

Bonus point: Go help someone else.

Do to others what you want them to do to you. **Matthew 7:12a NCV**

Message Notes: The Holy Bible, The Voice Bible, English Standard Version, New Living Translation, New American Standard. The Message, by Eugene Peterson. "*Did Jesus Battle Depression?*" by Scott Attebury, pastors.com. *10 Ways Christians Can Fight Depression*, by Brandon Hilgemann. *Overcoming Depression Biblically and Naturally*, by Stephan Shober.