

Depression

Heaviness in the heart of man maketh it stoop:
but a good word maketh it glad.
Proverbs 12:25

Day One

You may not even care to read this worksheet. If you are depressed at the moment, you certainly won't feel like it. What's the use of trying anything else you may ask? After all, nothing else has worked. There is real hope for you, your depression can be overcome, not only now but also for good. In this worksheet you shall see how to get out and to stay out of depression. If you continue to the end of the worksheet you will discover that what you will read is not complex, does not require a long time to achieve, and it never fails. The reason why is that the way to overcome depression conclusively is God's way.

What's the catch you ask?

If by catch you mean what are the conditions for finding the way out of depression, let me say that there are three:

1. You must know God personally before you can expect Him to give you the help that you need.
2. You must not put the alleviation of depression first as your goal but rather the desire to please God by doing what He says.
3. You must do exactly as He says regardless of how you feel.

Those are the conditions. Depression can be defeated by God's directions and by the power that God gives through His Spirit to enable those who know Him to follow His Word.

God has so constructed us that when we fail to handle responsibilities properly our consciences trigger bad feelings. These, if not heeded early, ultimately will lead to depression. David looked at depression as a merciful warning sign from God intended to goad him to repentance and a change of attitude or behavior. When he had sinned, he said, "day and night your hand was heavy upon me" (**Psalm 32:45**). As long as you continue to follow your feelings when they tell you that you can't do what you know that you ought to do, you will drop deeper into the pit of depression.

The key to warding off depression then is this: Do not follow your feelings when you know that you have a responsibility to follow. You must do as you should and go against your feelings. Do what you know God wants you to do, whether you feel like it or not, and a change in feelings will eventually take place as a by-product in time. Remember though this is not to be your end goal, pleasing God by fully following and obeying Him regardless how you feel should be your goal. That is the secret of turning back the tide of depression once it begins to overwhelm you. There is no other way. Get your eyes off of yourself.

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

Each day prayerfully review the verse several times. If your Bible is a different version than the New King James Version.

Day Two

Pray, write out and study the following verses and list the things that could cause depression in the space provided.

Psalm 32:4 _____

Causes of depression _____

Read **Psalm 73:1-28**

Causes of depression _____

Deuteronomy 1:28-29 _____

Causes of depression _____

Read **Psalm 55:2-8**

Causes of depression _____

Read **Luke 24:13-21**

Causes of depression _____

1st Samuel 1:7-8 _____

Causes of depression _____

Read **Habakkuk 1:1-4**

Causes of depression _____

Memory Verse: Fill in the blanks. " _____ in the _____ of man causes depression, but ___ good makes it glad." **Proverbs 12:25** NKJV

Day Three

What did Hannah, Elijah, and Jesus do to express the heaviness they felt in the soul?

Hannah, **1st Samuel 1:9-16** _____

Elijah, **1st Kings 19:4** _____

Jesus, **Matthew 26:36-46** _____

Give the heavenly response each received to their prayers:

Hannah, **1st Samuel 1:17-20** _____

Elijah, **1st Kings 19:5-8** _____

Jesus, **Luke 22:43-44** _____

Memory Verse: Fill in the blanks. " _____ in the _____ of man _____ depression, _____ good _____ it glad." **Proverbs 12:25** NKJV

Day Four

The first step in overcoming depression is found in: **Matthew 6:33**. We need to first seek the Kingdom of God and His Righteousness. As Christians we have found the Kingdom of God according to **John 3:3-5**.

The second step, that is commonly overlooked, is that we need to seek His Righteousness. Righteousness is simply seeking to do what He would have us do as Christians in any situation that happens in our life.

Pray, write out the following verses, and describe how they give us a general guideline on seeking His Righteousness.

2nd Timothy 3:16-17 _____

Seeking His Righteousness _____

2nd Timothy 2:15 _____

Seeking His Righteousness _____

Ephesians 4:22-24 _____

Seeking His Righteousness _____

Hebrews 5:14 _____

Seeking His Righteousness _____

Psalms 119:11 _____

Seeking His Righteousness _____

The third step is found in **Matthew 6:34**, and **Philippians 4:6-9**

What are the 3 specific instructions God has given us to continue overcoming worry?

1. _____
2. _____
3. _____

Read **James 4:13-17**

What should we do to make plans for tomorrow to help solve a situation? _____

What are some of the do's or don'ts about planning for tomorrow? _____

Continue to write out your answer on a separate piece of paper if you need more space.

Memory Verse: Fill in the blanks. " _____ of man _____, _____ good _____ it glad." **Proverbs 12:25 NKJV**

Day Five

Pray, write out the following verses, and answer any questions following.

Philippians 4:6-7 _____

What does **Philippians 4:6-7** tell us we shall receive through prayer? _____

John 14:27 _____

Who is the giver of peace? _____

Prayer alone will not overcome depression. It must be accompanied by a regular intake of God's word. Plan a regular study of the word on a daily basis.

Romans 15:4 _____

What does Scripture offer us? _____

Read **2nd Timothy 3:16-17**

What sort of things may we learn through studying Scripture? _____

2nd Peter 1:2-3 _____

What sort of things may we learn through studying Scripture? _____

The dividing point between concern and worry is found in **1st Peter 5:6-7**. If you have reached this point you have concern about the situation you are in. When you begin to dwell on your situation you have now begun to worry. Worry is a sin. To give worry back to God we need to put into practice what Scripture tells us to do in Day 6 below.

Memory Verse: Fill in the blanks. " _____ of _____, _____ good _____." **Proverbs 12:25** NKJV

Day Six

Next, to change your way of thinking and to help you reach victory over depression, make a think and do list on a separate. Read **Philippians 4:8-9**. A think and do list is a list you will make concerning all the blessings that God has given you. Each time you feel depression coming on, pray and do something about it by thinking on Jesus and what He has blessed you with. Also seek the Lord as to what He would have you do when you feel depression coming on, and do as He has directed you to do. This will help get your mind off of you and on Jesus where it belongs.

Philippians 4:4 is a command, suggesting that being a joyful person and overcoming depression will require personal effort and responsibility. It will not happen automatically. It will happen as you think and do what God wants you to think and do.

Pray, write out, and study the following verses and describe what you must do to overcome depression in the space provided.

Psalm 16:8-9 _____

To overcome depression _____

Psalm 16:10-11 _____

To overcome depression _____

Psalm 1:1-3 _____

To overcome depression _____

Psalm 32:1-2 _____

To overcome depression _____

John 13:17 _____

Read **James 1:22-25**

To overcome depression _____

Read **Galatians 5:22-25**

To overcome depression _____

Romans 15:13 _____

To overcome depression _____

Read **Ephesians 5:18-20**

To overcome depression _____

Proverbs 15:23 _____

To overcome depression _____

1st Thessalonians 2:19-20 _____

To overcome depression _____

Read **James 3:3-18**

To overcome depression _____

Use the graphic below to examine specific situations that occur in your life to find Biblical answers to your situation. As you put God's Word into practice you can overcome Depression and grow in the "Fruits of the Holy Spirit". Use all the Scriptures and explanations above to help you discern where you are as a disciple.

Action	Unbiblical	Biblical	Scripture Used
Financial	1st Timothy 6:10	Malachi 3:10	1st Peter 5:2

