

From Depression to Freedom Sunday 05-26-2016

Isaiah 61:1-3 (NKJV) "The Spirit of the Lord GOD is upon Me, because the LORD has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; {2} to proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all who mourn, {3} to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the LORD, that He may be glorified."

I Depression Statistics (they are depressing)

- . 1 in 20 ??? Americans suffer severe depression (CDC Stat) 44000 Suicides in 2016

II Some Causes of Depression

- . Grief over loss
- . Too much idle time
- . Poor eating and or exercise habits
- . Substance abuse
- . Dysfunctional family life other relationships
- . Unmet expectations
- . Association with depressed people
- . Life without real purpose

III Remedies for Depression

- . Eat better and exercise - both physically and spiritually
- . **Jesus is the Healer Matthew 11:28 "Come to Me, all you who labor and are heavy laden, and I will give you rest.**
- . **Be patient Be Content: Philippians 4:11-13 (NKJV)** Not that I speak in regard to need, for I have learned in whatever state I am, to be content: {12} I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. {13} I can do all things through Christ who strengthens me. **1 Timothy 6:6-10 (NKJV)** But godliness with contentment is great gain. {7} For we brought nothing into this world, and it is certain we can carry nothing out. {8} And having food and clothing, with these we shall be content. {9} But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition. {10} For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.

- . **Ask God** for things that you can do to help others (get your mind off of yourself) **Philippians 4:6-7** (NKJV) Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; {7} and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
- . **Repent** from sinful behavior and trust God for deliverance **1 John 1:9** "If we confess..."
- . **"TOGETHER"** Make a real effort to be with people who Love God **Psalm 133 "together"**, **Hebrews 10:24-25 "together"**
- . **Live for Jesus** - praise Him, talk to Him, Listen to Him, trust Him, and tell others what he's done for you.

IV The only way to be truly happy - Live for Jesus ONLY

- . **Mark 8:34-37** (NKJV) And when He had called the people to Him, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. {35} "For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. {36} "For what will it profit a man if he gains the whole world, and loses his own soul? {37} "Or what will a man give in exchange for his soul?"

V The only way to be truly happy forever is to go to heaven

- . **John 3:16** "Everlasting life", **John:10:10** "life more abundantly" **Psalm 84:10** "One day in your Courts"

VI His plan or yours ? Which one do you think will work out better?

- . **Jeremiah 29:11** (NKJV) For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.

VII Why so sad when your future is so bright

- . **1 Thessalonians 4:14-17** (NKJV) For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus. {15} For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord will by no means precede those who are asleep. {16} For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. {17} Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord.