

# OVERCOMING Depression



## AN INTRODUCTION TO DEPRESSION

People who suffer from depression suffer a real, painful, and encumbering existence.

Living life in a “normal” fashion becomes difficult – even the simplest things such as getting out of bed, getting dressed, and functioning in a normal day to day routine can be burdensome (to say the least).

## AN INTRODUCTION TO DEPRESSION

Wrong patterns have usually been learned throughout their lives. Many have gone through childhoods without learning how to deal with their emotions. Children, will suppress, squash, bury, hide, cover-up, be overwhelmed, ignore, etc. their feelings. A lot of them just don't know how to deal with life as it goes on – just day to day “feelings” in their life.

## AN INTRODUCTION TO DEPRESSION

They begin to use coping mechanisms that just get them through each day. This leads to not being able to deal with emotions as life goes on. At some point, as they grow older, they realize “their way” of dealing with their feelings just isn’t working.

## AN INTRODUCTION TO DEPRESSION

Sometimes they are “real emotions” that happen throughout day to day life. Sometimes, to a child’s real hurts, wounds, or traumas can be misinterpreted in their hearts and mind. The outcome is a “suppressed” emotional/spiritual life or an “angry” one – usually both to different degrees.

## AN INTRODUCTION TO DEPRESSION

The result is extreme inward pain leading to addictions, compulsive behaviors, and dysfunctions. These self-defeating behaviors usually take control of a person's life until they come to realize their need for help.

With the right guidance a person can recover. Unfortunately, even here a well-meaning friend, a wrong prescription, a wrong counselor, or even a "zealous" spiritual person can lead a person down the wrong path.

## AN INTRODUCTION TO DEPRESSION

It is so important that these years of wrong behaviors and wrong ways to deal with one's emotions, thinking, etc. have to be dealt with properly.

We strongly recommend four things for the individual:

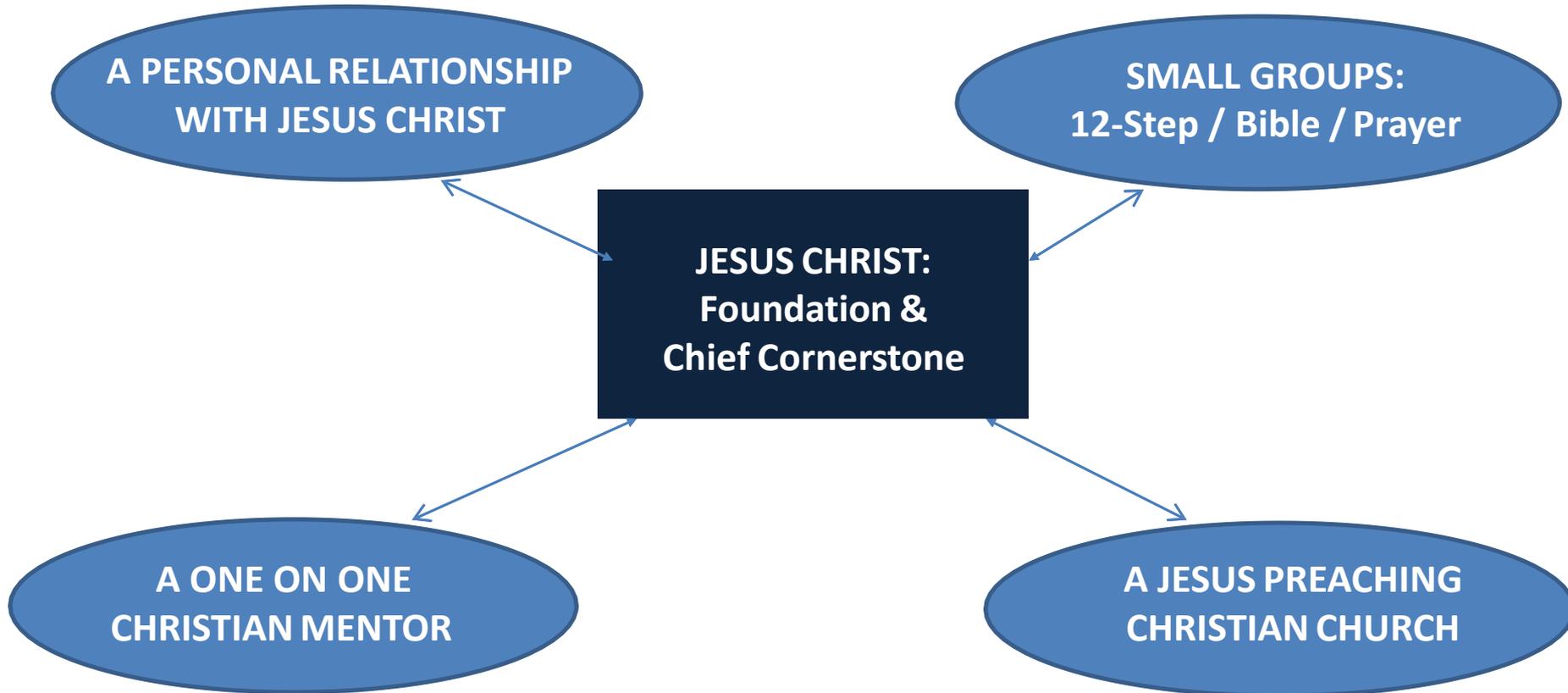
1) a one-on-one relationship with Jesus Christ. Receiving Christ into a person's heart give them the power to deal with their life.

2) a one-on-one Christian spiritual mentor who will listen to, pray with, support, and guide the individual with their life.

3) a small group for support. We recommend a healing bible study, prayer group, or 12-Step support group. Anger management, emotion groups, and others can also be helpful.

4) a larger church . This provides the opportunity to worship God, hear God's Word, and meet fellow Christians – finding opportunities to minister to others and be ministered to.

# FOUNDATIONAL RECOMMENDATIONS



**Having these foundations in place SIGNIFICANTLY increases your likelihood of being set free from your past and growing in Christ Jesus!!**

## GUIDELINES TO HEALING

[www.altogetherlovely.org/healing](http://www.altogetherlovely.org/healing)

scroll down to #3 “Guidelines to Healing”  
(see the 2<sup>nd</sup> larger full section)

You will find wonderful thoughts on healing. Issues such as “medicines”, “prayer journals”, “healing”, will all be addressed.

## OVERCOMING DEPRESSION (A Healing Resource)

The next few slides (slides 11-29) are healing slides for those to use when they are caught in the deep, dark tunnel of depression.

Slide 10 is most important. The “foxes” are those sly, devious thoughts we get trapped into believing. Thoughts like: “I’m no good”, “I feel terrible so I’m no good”, “I can’t survive”, “I can’t go on”. We need to recognize the thoughts that we are allowing into our minds and learn to cast them into this LAKE OF FIRE. They are from the Pit of Hell. They are NOT who we are!!

This is an important slide. First say this prayer from the heart:

**Father God, I come to You through faith in the shed blood of Jesus on the cross for my forgiveness of sins. I also come to You through faith in Jesus’ Resurrection for my NEW LIFE IN HIM. I now release my thoughts of suicide, fear, doubt, insecurity, worry, restlessness, anger, rage, depression, etc. (any others you may have) into this fiery pit. Lord, help release these into this pit of fire and burn them up Jesus.**

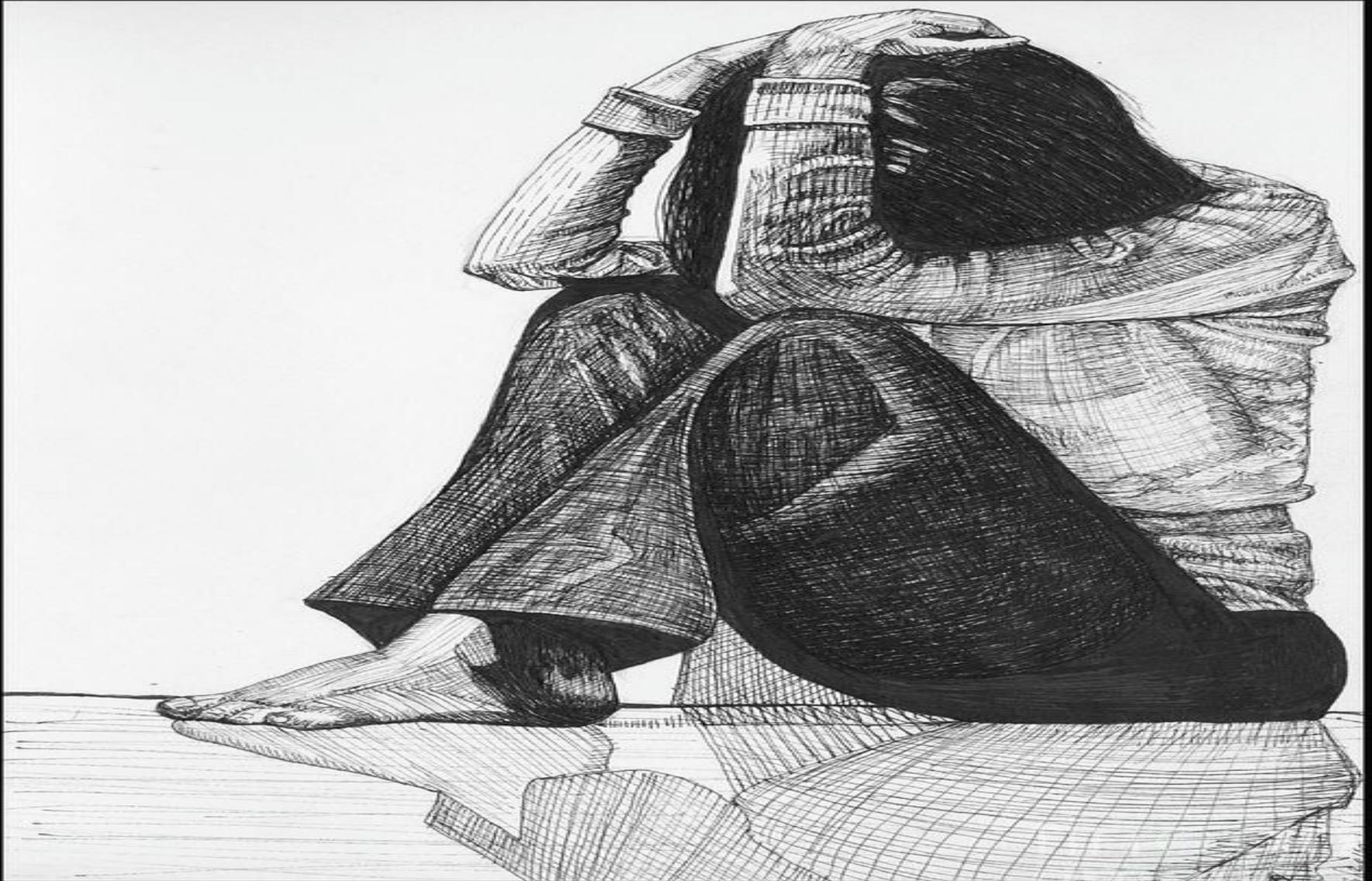
**Thank You so much. In Jesus’ Name I pray. Amen**

**Now go to the next slide!! Don’t let those foxes ruin your vineyard!!**

**Catch for us the foxes, the little foxes that ruin the vineyards,  
our vineyards that are in bloom (Song of Solomon 2:15).**



**Do not be anxious about anything, (Phil.4:6a)**  
**Jesus I trust You with my life. I come just as I am.**



but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Phil.4:6b)

“ Dear Jesus,  
You are the strength  
of my life;  
You are my rock, my fortress  
and my protector; therefore,  
whom shall I be afraid?  
You are my shield, my strong-  
tower and my stronghold.  
I will call to You because You  
are worthy to be praised.  
So, Father, I thank you  
for being my strength and  
My God in whom I trust,  
Amen.”  
PSALM 27:1B  
WorshipDay

“ Dear Loving Lord,  
I am feeling stress, I am worried.  
Too many things occupy my mind.  
Won't you help me?  
Show me Lord, your order and  
your plans, are eternal.  
Let me trust in your will alone.  
Your word tells me where there is  
love, there is no fear.  
Let me be filled with your love.  
The perfect love that tells me I am  
not condemned, but I am saved.  
I can do all things through you,  
You Strengthen me.  
In Jesus name, Amen.”  
UNKNOWN  
WorshipDay

Feeling Anxious Prayer  
Dear Lord, when worries, fear or anxiety threaten to overtake me, help me remember your promises to be with me every second of my day. Help me to remember that you fight for me, provide for me and protect me. Please touch my body and heal me mentally, emotionally and physically. Help me to relax, to be at peace and to focus my mind on you. In Jesus' name I pray. Amen  
HOPE FOR THE BROKEN HEARTED.COM

“ Father, my heart is heavy.  
I feel like I have to carry the  
burden alone. Words like  
overwhelmed, distraught,  
exhausted seem to describe  
where I am. I am not sure  
how to let you carry my  
heavy load, so please show  
me how. Take it from me.  
Let me rest and be refreshed  
so that my heart won't  
be so heavy in the morning.  
In Jesus' name. Amen.”  
RON MOORE  
WorshipDay

You are going  
to be okay.

10 ANXIETY-RELIEF  
Printable Scripture Cards

The image shows a collection of 10 overlapping scripture cards. Each card has a different background color and contains a central verse and a list of related scriptures. The cards are:

- Light Blue:** "I am okay, because... God is in control." Related scriptures: 1 Chron 10:3-19, Psalm 22:28, 2 Chron 20:20-28, Romans 8:28, Ps 138, Job 12:9-10, Job 42:1-6, 13:5, Ephesians 1:11-12.
- Orange:** "I am okay, because... God fully forgives me." Related scriptures: Romans 1:3-4, 9:1-5, 13:8, Isaiah 43:25.
- Pink:** "I am okay, because... God truly loves me." Related scriptures: Romans 8:28-30, 1 John 4:19.
- Light Green:** "I am okay, because... God is with me." Related scriptures: Joshua 19:4, Matthew 28:19-20, Deuteronomy 10:15, Zephaniah 3:17, Psalm 139:7-10, John 14:16-17, Hebrews 13:5-6, Revelation 21:3.
- Light Purple:** "I am okay, because I am... God's child forever." Related scriptures: Romans 8:16-17, 1 John 3:20, 1 John 3:21.
- Yellow:** "I am okay, because... God understands me." Related scriptures: Psalm 139:1-4, Jeremiah 12:3, Hebrews 4:14-15, Hebrews 4:12-13, 1 John 3:20, Romans 8:26-27, 1 Kings 8:39b.

**And the peace of God, which transcends all understanding,  
will guard your hearts and your minds in Christ Jesus. (Philippians 4:7)**



Finally, brothers and sisters, whatever is true,



whatever is noble,



whatever is right,



whatever is pure,



whatever is lovely,



whatever is admirable



if anything is excellent



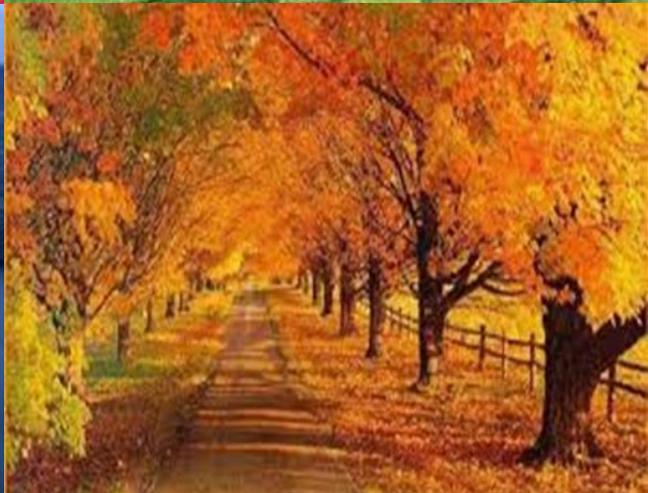
# praiseworthy



think about such things.



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)

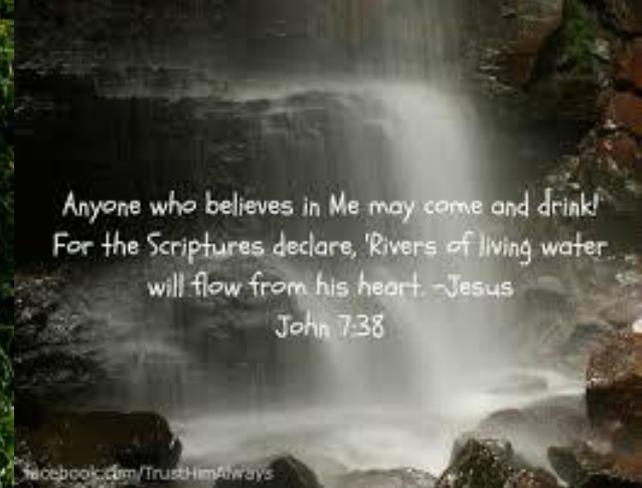


And the disciples were filled with joy and with the Holy Spirit. (Acts 13:52)

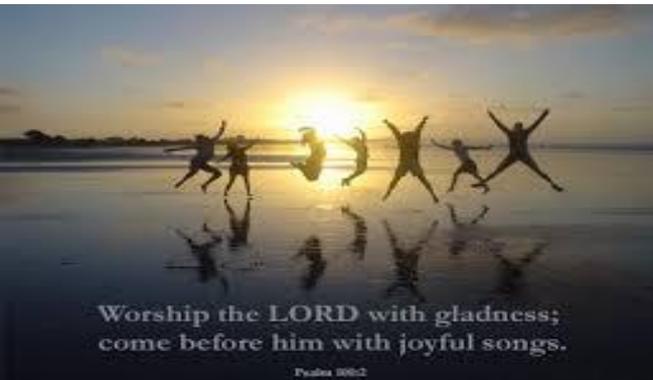
Holy Spirit, come fall upon me. Will You fill me with You – in my spirit, in my soul (mind-will-emotions), and in my body (every cell). Thank You Holy Spirit. I believe You have filled me!!



Instead, be filled with the Spirit,  
Holy Spirit, come fall upon me. Will You fill me with You – in my spirit, in my soul (mind-will-emotions), and in my body (every cell). Thank You Holy Spirit. I believe You have filled me!!



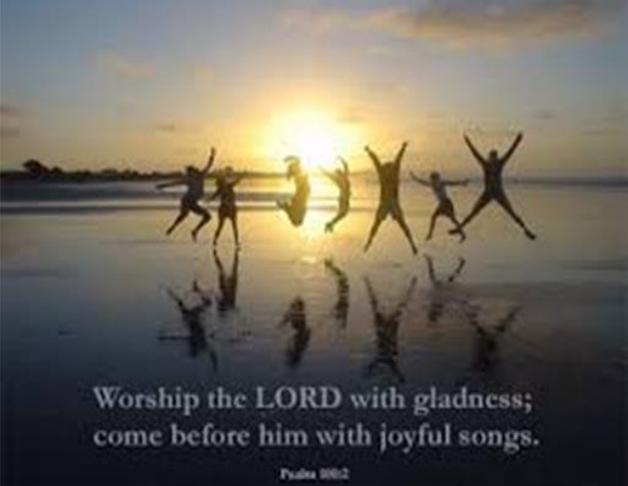
speaking to one another with psalms, hymns, and songs from the Spirit.  
Sing and make music from your heart to the Lord,



always giving thanks to God the Father for everything,  
in the name of our Lord Jesus Christ.



Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. (Ephesians 5:17-21)



# MORE RESOURCES FOR DEPRESSION

## RESOURCES:

[www.altogetherlovely.org/healing](http://www.altogetherlovely.org/healing)

scroll down to #3 “Guidelines to Healing” (see the 2<sup>nd</sup> larger full section)

Here you’ll also find info on:

“PRAYER JOURNAL”, “resources for healing”, etc. etc.

[www.altogetherlovely.org/resources](http://www.altogetherlovely.org/resources)

see #8 HEALING. Then: #7. DEPRESSION

[www.altogetherlovely.org](http://www.altogetherlovely.org)

1) See: God in Your heart

(teaches basic Christianity)

2) See: Christian 12-Steps + Healing Prayers + Devotionals  
(multiple resources, healing prayers, deliverance prayers, etc.)

Go through the 12-Steps by yourself and/or with a group.

Groups fulfill the area of small group support.

We highly recommend a Christian 12-Step Group.

**God is with you!!**