

# Defeat Depression by the Book



By Randall Ricker April 22, 2023  
Sabbath Church of God

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# Defining depression

Depress: to dispirit [to lower one's mood or emotional state], sadden

Depressed: in low spirits, dejected

Depression: lowness of spirits or loss of hope

*American Heritage Dictionary*

## Typical symptoms

Feeling sad, tired, useless, overwhelmed, sleepless.

Don't feel like doing anything, no motivation



## You are not alone

33% of USA population was depressed in 2021.

*Boston University*

"Depression please cut to the chase." by darcycladelaide is licensed under CC BY 2.0.

# Causes of depression

Chemical imbalance (but this has been debated), heredity, tragedy, addictions, anger, grudge, fear, worry, stress, loneliness, demands on you, social media, materialism, no absolute values, no purpose for life.

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# Defeating Depression

**If depression is severe, get professional help!**

# Defeating depression

The “book” is the Bible, but non-believers, please stay with me.

## Admit our feelings

Proverbs 15:13

A merry heart makes a cheerful countenance [face], But **by sorrow of the heart the spirit is broken.**

Proverbs 18:14

The spirit of a man will sustain him in sickness, But **who can bear a broken spirit?**

Psalms 137:1-4

1 By the rivers of Babylon, There we sat down, yea, **we wept** When we remembered Zion. 2 We hung our harps Upon the willows in the midst of it. 3 For there those who carried us away captive asked of us a song, And those who plundered us required mirth, Saying, "Sing us one of the songs of Zion!" 4 How shall we sing the LORD's song In a foreign land?

# Defeating depression

## Phone a friend

Ecclesiastes 4:9-10

9 Two are better than one, Because they have a good reward for their labor.

10 For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up.



"Who wants to be a millionaire?" by Roo Reynolds is licensed under CC BY 2.0.

# Defeating depression

*"Congressman Ellison chopping onions at a DC soup kitchen with Rabbi Steve Gutow (right), President and CEO of the Jewish Council for Public Affairs (JCPA)" by Rep. Keith Ellison is licensed under CC BY 2.0.*



**Be active, start a hobby, help other people**

Matthew 25:31-36, 40

31 When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. 32 All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats. 33 And He will set the sheep on His right hand, but the goats on the left. 34 Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: 35 for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; 36 I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.' ...40 And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren [brothers], you did it to Me.'

# Defeating depression

## Think positively

Philippians 4:8

whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--  
**meditate on these things.**

2 Corinthians 10:5

casting down arguments and every high thing that exalts itself against the knowledge of God, **bringing every thought into captivity** to the obedience of Christ,

Philippians 3:12-14

12 Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. 13 Brethren [brothers], I do not count myself to have apprehended; but one thing I do, **forgetting those things which are behind** and reaching forward to those things which are ahead, 14 I press toward the goal for the prize of the upward call of God in Christ Jesus.

Matthew 6:34

Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own. *HCSB*

# Defeating depression

**Think about how much you have.**

Philippians 4:11, 6-7

11 Not that I speak in regard to need, for I have learned in whatever state I am, to **be content**: ...6 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.

Proverbs 12:25

**Anxiety** in the heart of man **causes depression**, But a good word makes it glad.

Proverbs 13:12

**Hope deferred makes the heart sick**, But when the desire comes, it is a tree of life.



# Defeating depression

**Think about how much you have.**

Psalm 92:1-5

1 It is good to **give thanks** to the LORD, And to sing praises to Your name, O Most High; 2 To declare Your lovingkindness in the morning, And Your faithfulness every night, 3 On an instrument of ten strings, On the lute, And on the harp, With harmonious sound. 4 For You, LORD, have made me glad through Your work; I will triumph in the works of Your hands. 5 O LORD, how great are Your works! Your thoughts are very deep.

# Defeating depression

**Your life has meaning.**

Revelation 21:7

He who overcomes shall **inherit all things**, and I will be his God and **he shall be My son** [or daughter].



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# Defeating depression

**Your life has meaning.**

John 3:16

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have **everlasting life**.

Matthew 11:28-30

28 Come to Me, all you who labor and are heavy laden, and **I will give you rest**. 29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light.

Philippians 1:6

being confident of this very thing, that **He who has begun a good work in you will complete it** until the day of Jesus Christ;

# Defeating depression

**Pray for help.**

Philippians 4:13

I can do all things through Christ who strengthens me.

John 14:23

Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and **make Our home with him.**

Psalms 94:16-19

16 Who will rise up for me against the evildoers? Who will stand up for me against the workers of iniquity? 17 Unless the LORD had been my help, My soul would soon have settled in silence. 18 If I say, "My foot slips," Your mercy, O LORD, will hold me up. 19 In the multitude of my anxieties within me, **Your comforts delight my soul.**

Colossians 3:15

And **let the peace of God rule in your hearts**, to which also you were called in one body; and be thankful.

# Defeating depression

**Even people in the Bible were depressed.**

Numbers 11:14

I am not able to bear all these people alone, because the burden is too heavy for me.

**No sorrow in the future, and hope for this time.**

Revelation 21:4

And God will wipe away every tear from their eyes; there shall be no more death, **nor sorrow, nor crying**. There shall be no more pain, for the former things have passed away.

Romans 8:31, 38-39

31 What then shall we say to these things? **If God is for us, who can be against us?**  
...38 For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, 39 nor height nor depth, **nor any other created thing, shall be able to separate us from the love of God** which is in Christ Jesus our Lord.

# Defeating depression

**Reviewing our methods**

**If depression is severe, get professional help!**

Admit our feelings

Phone a friend

Be active, start a hobby, help other people

Think positively

Think about how much we have

Our lives have a purpose

Pray for help

There will be a future time with no sorrow, but  
there is hope now



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