

THE BIBLE ANSWER FOR DEPRESSION

Only God knows the effects of drugs today. Whether prescribed by a doctor and given by a registered nurse or in a qualified hospital. Or whether picked up down at the drug store, or whether obtained by a drug pusher in the back alley. Only God knows the total effect of that drug. Only God knows the mental responsibility of the one that committed suicide. No one else could determine his mental responsibility at the moment of death. If a person blew his mind on drugs—then he is accountable for blowing his mind. Without placing blame or relieving of responsibility, we want to present a Bible answer to depression, which in some cases leads to suicide.

1. By being saved. John 1:12; 3:3,16-18,36; Romans 10:9-13. No person is ready to face life until he has the life of Christ. He is not ready to mingle with the children of Adam until he has become a child of God. He is not ready to face the Devil until he forsakes the Devil and gets into the family of God. He is not ready to face the world until he is assured of heaven. Very simply, "Ye must be born again". There is no substitute for that. Being born again will do more to change your life and give you a new out look on life than any other one hundred or a thousand things you might do. Once a sinner gets saved, he becomes a new creature. Life is different. He sees things that were once hidden. He gets a new thought process. Being saved is absolutely first and essential. 1 Cor. 2:10-14; 2 Cor. 5:17

2. Accept life as a gift from God. Life is in the hands of God. God gives life and God takes away life (John 1:21). God has numbered our days and will send for us when he is ready. The awful tragedy of suicide is being ushered into the presence of the Lord, when He did not send for us. Consider Ecc. 3:15 --

"That which hath been is now; and that which is to be hath already been; and God requireth that which is past."

3. Bow to the sovereign will of God. Remember that Romans 8:28 is still in the Book:

"And we know that all things work together for good to them that love God, to them that are the called according to his purpose."

Notice the ones that qualify for this promise: those that love God. Notice further that it is not one isolated incident of life but all things of life work together. Notice further that God is working out His purpose in your life. Don't despair with life. God is working with his purpose in you, for your own good and His Glory.

4. Seek the will of God for your life. God's perfect will brings you the greatest possible degree of happiness and contentment. No man is ready to live life like it ought to be lived until he is saved and living in the perfect will of God. God's perfect will includes a lot of things that are true for us all (baptism, church attendance, prayer, Bible study, witnessing, giving, etc.). But also God has a special peculiar plan just for you. Don't be content until you find God's will for your life.

5. Live life in the power of the Holy Spirit. There are only two ways to live life. Either in the energy of the flesh (with the aid of the world and the Devil), or in the energy of the Holy Spirit. To live in the power of the spirit brings contentment and joy. Galatians 2:20, 5:16

6. Let the Holy Spirit manifest his presence in your life. Galatians 5:22, 23 "But the fruit of the spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance". These nine graces are set in contrast to the works of the flesh of which one is murder (suicide).

7. Treat depression as a sin. Psalms 77 is a good Psalm to read and study when depressed or tempted to be overcome by depression. It gives the cause of depression for the child of God (verses 2, 3, 6-9). It gives the effect (verses 3, 4, 6). It gives the cure.

A. Face it as a sin. Confess it as a sin (v. 10).

B. Ask the Lord to help. Only the Lord can help, but His help is sufficient v. 13).

C. Encourage yourself in the Lord just like David did in his moment of frustration when he was tempted to become depressed (1 Sam. 30:6).

D. Notice verses 10, 11, 12, 14. Tell others of his doings. Has God done anything for you, or with you, or through you? Then tell others. You will be amazed what this will do for your depression. When we learn to get our eyes off of ourselves and place them on Christ, then our depression will flee away. When we consider others and their needs, our own self pity will vanish.

When tempted to be depressed read Psalm 77 and practice it. Those who do need not worry about being a statistic in the next suicide report.

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