

## **God's Got An Answer #4**

### **God's Got An Answer when we are...Depressed.**

**Depression...** It is regarded by some in the health and mental health field to be America's number one health problem. The Center for Disease Control (CDC) estimates that as many as 9% of Americans suffer from occasional depression and as many as 3.4% suffer from major depression. When you consider the population of the USA to be about 325 million, depression is a significant issue.

What is Depression? The American Psychiatric Association states that it is a disorder that negatively affects how you feel.

### **Do Christians get depressed? Yes, Christians can get depressed.**

God's Got An Answer for Depression...

#### **1. Self Awareness is the start!**

Be honest with your self about your condition.

Psalm 26:2; Psalm 139:23-24; James 5:16

#### **2. Fix Up the House!**

Treat the house of the Holy Spirit well! 1 Corinthians 6:19-20

#### **3. Consciously and Proactively Deal With Negative Thinking** Philippians 4:8

Find an elevator friend

#### **4. Seek Support and get help!**

Romans 15:1 (NIV) <sup>1</sup> We who are strong ought to bear with the failings of the weak and not to please ourselves.

Galatians 6:2 (NIV) <sup>2</sup> Carry each other's burdens, and in this way you will fulfill the law of Christ.

#### **5. Sing and Make Music**

Ephesians 5:19; Colossians 3:15-16

#### **6. Praise and Give Thanks**

Isaiah 61:3

#### **7. Lean Heavily On The Power of God's Word**

There are 150 Psalms, 48 of them address to the issue of depression.

Psalms: 6, 13, 18, 23, 25, 27, 31, 32, 34, 37, 38, 39, 40, 42, 43, 46, 51, 55, 57, 62, 63, 69, 71, 73, 77, 84, 86, 90, 91, 94, 95, 103, 104, 107, 110, 116, 118, 121, 123, 124, 130, 138, 139, 141, 142, 143, 146, and 147.

Psalm 46:1-11

[1] God is our refuge and strength, an ever-present help in trouble.

[2] Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

[3] though its waters roar and foam and the mountains quake with their surging. Selah

[10] "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

**Bondage breaking prayer for depression:**

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Find an \_\_\_\_\_ friend

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