

DEPRESSION

Healing Prayer Level 3  
Church 3.0  
January 2026



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### Depression Symptoms

- Clinical disorder if it lasts longer than two weeks
- Prolonged sadness and apathy
- Irritability
- Hypochondria - lots of physical problems
- Feelings of worthlessness
- Stop working, loss of energy and interest in anything
- Isolation and withdrawal
- Loss of appetite
- No Sex Drive
- Constant negative thought patterns



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### Depression Symptoms

- Think that no one loves them or even paranoid
- Lots of anxiety
- Hopelessness (can't imagine themselves ever feeling better)
- Inappropriate guilt
- Some can't sleep, some can't get up
- Racing mind - can't concentrate
- Self-absorption
- Thoughts of Suicide
- Despair



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## Symptoms of Despair

- **Suicidal thoughts:**
  - I'm giving things away
  - I'm saving pills/I have a gun
  - I don't feel like living anymore
  - Believe them and get them help, they are not thinking clearly
  - There is no reasoning with them, get them help

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## What Depression is NOT

- **Temporary Discouragement**
  - I just don't want to do this anymore
- **Just Stinkin' Thinking**
  - The person has reached the point that their brain, for whatever reason, has stopped producing the chemicals that are needed to feel hope, love, peace and joy
- **A Moral Failing**

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## What Depression IS

- It is more than discouragement
  - I don't want to do anything
- A complex condition in a complex organ - the brain
  - Can be genetic
  - Socio-physiological
    - Deep trauma
    - DNA and RNA function is affected in some way
- SERIOUS

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## How Depression Attacks Faith

The Christian is supposed to experience inner peace and joy, but the depressed person cannot.

We are supposed to believe God loves us, but the depressed person has a hard time believing in that personal love.

We are supposed to relate to others in community, but the depressed person is often so saddened that the person withdraws from the community, nor does the person have the energy to work as much as the normal person does.

Jesus says that we are not to be anxious, yet the depressed person is often in a continual state of anxiety.

Quoted from Francis MacNutt in "Healing"




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## Causes of Depression

- Genetics
- Vulnerability in the DNA that under stress or trauma, the brain stops producing the chemicals needed to function properly
- Severe trauma in childhood (rape, abuse, loss-of-parent, starvation) can actually modify the person's DNA, thereby making them susceptible to depression or other mental illness




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## Good News!

The brain can be modified positively

- Good counseling, medicine, and prayer can also be used to modify the brain, but positively
- New neurons in the correct areas can be created which increase the person's ability to have healthy thinking.




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## Treatment of Depression

**Body, Soul and Spirit - the three areas affected**

- Big hormonal changes can bring it on
  - Adolescence
  - Senior citizens
  - Pregnancy - birth (post partem depression)
  - Interaction of medicines can cause it

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## Treatment of Depression

**Body, Soul and Spirit - the three areas affected**

- Take care of the body
  - Encourage them to take care of their body
  - Eat right, take vitamins
  - Exercise
  - Take the medicine, it does not have to be forever
  - When severe you might have to get them to bathe, brush their teeth, wash their hair
  - Have them get a good physical

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## Treatment of Depression

- Listen to them
  - I just don't feel like coming to church
  - I don't fit in there
  - Satan is trying to lie to them and you need to tell them it is a lie
  - Reach out to them

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## Treatment of Depression

## Body, Soul and Spirit - the three areas affected

- Soul
  - What has happened to this person?
  - What do they believe?
  - What is important to them?

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## Praying for Depression

- Need an environment of patience and peace, with the session being generous and unhurried
- Inner healing will need to be done
  - When did the symptoms start?
  - Is there any idea of what caused it?
- Help them to pray prayers of forgiveness
- Pray generational healing
- Pray inner healing prayers
- Pray for the healing of memories and trauma
- Bind up any tormenting or accusing spirits trying to intensify negative feelings to keep the person in bondage

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