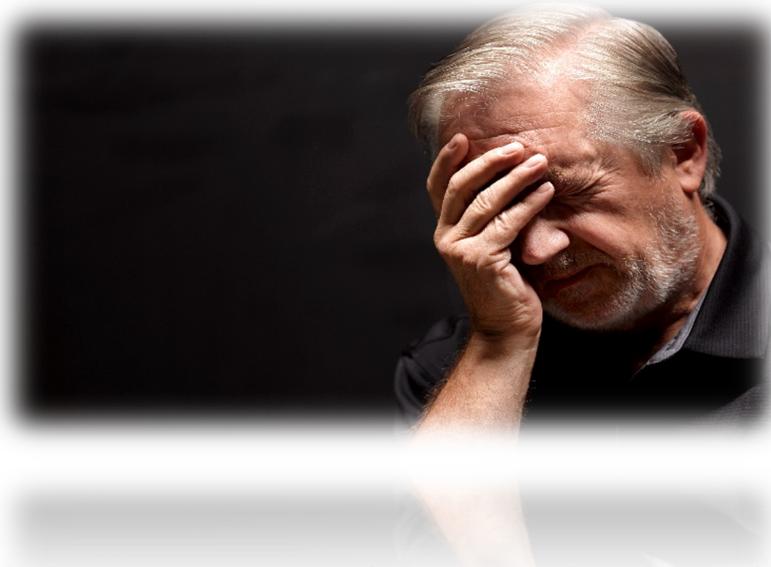


# Freedom from Depression



Are you overwhelmed by life and at the point of giving up? Has depression set in and the circumstances surrounding you seem unbearable? This is exactly what the enemy wants you to focus on and I believe the times where we find ourselves in depression it is not what has happened to us, rather it is our focus and mindset of the problem and not the actually problem in itself.

Psalm 30:5 states that “weeping may endure for a night, but joy comes in the morning.” This may sound good on the surface and is in fact a scripture but what if we are suicidal in the middle of the night and we cannot wait until the morning? The good news is that we do not have to wait for joy to come in the morning as a born-again believer because we have everything we need pertaining to life and Godliness right now (2 Peter 1:3). A believer already has joy on the inside of their spirit and all they have to do is place a demand and release the joy that is within them (Gal 5:22). David was an Old Testament saint who did not have the spirit of God in him, so it was right for him to say what he did but we are in a different dispensation where God has placed His very nature on the inside of us the moment we got born again and now we are equip for anything the devil throws at us (2 Cor 9:8).

If we are believing God for our finances and then the next day our check engine light comes on; rejoice. If we are believing God for symptoms to leave our bodies and we receive a report that is worse than previous report; rejoice. This is exactly what the apostle Paul did while in prison facing possible execution in Rome (Phil 4:4). He was not overwhelmed by his circumstances or the events that had taken place in his life. His focus was on things that were lovely and of a good report (Phil 4:8)

This may be hard to swallow but depression is a decision. If we can begin to shift our focus off the circumstance and the problem and onto who we are and what we have, depression will be non-existent. If you are in a place of grief and sadness, I encourage you to write out why are depressed. Notice that what you write has more than likely become your dominate thought and is the reason you have found yourself in grief. Take what you wrote down and write next to it the truth of Gods Word and what He has to say about the situation. If you have lost a loved one and have found yourself in depression, tell the devil 1 Corinthians 15:55 that death has no more sting for a believer and 1 Thessalonians 4:13 that you do not have to sorrow as others who have no hope.

If you are on a highway of depression, look up there is a road sign that says, REJOICE! Your flesh may not feel like it but as believers we do not live by feelings but by Gods Word (Mt 4:4, Rom 1:17). Begin to place a demand on the joy that is within, and you will see yourself free from depression and walking in the joy of the Lord as your strength (Neh 8:10).