



Hope in Healing

Finding Freedom in Jesus Christ.



**If you, or someone you know, is
dealing with depression and in
need of assistance, please contact
us for more information or to
make a counseling appointment.**

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DEPRESSION

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.”

- Psalm 42:11

“Taste and see that the LORD is good; blessed is the man who takes refuge in Him.”

- Psalm 34:8

“But as for me, I watch in hope for the LORD, I wait for God my Savior; my God will hear me.”

- Micah 7:7

“The LORD longs to be gracious to you; He rises to show you compassion. For the LORD is a God of justice. Blessed are all who wait for Him!”

- Isaiah 30:18

“May your unfailing love rest upon us, O LORD, even as we put our hope in You.”

- Psalm 33:22

Warning Signs

1. Noticeable change of appetite.
2. Noticeable change in sleeping patterns.
3. Loss of interest and pleasure in activities formerly enjoyed.
4. Loss of energy, fatigue.
5. Feelings of worthlessness.
6. Persistent feelings of hopelessness.
7. Feelings of inappropriate guilt.
8. Inability to concentrate or think and indecisiveness.
9. Recurring thoughts of death or suicide.
10. Overwhelming feelings of sadness and grief.
11. Disturbed thinking.
12. Physical symptoms such as headaches.

Depression can affect a persons thinking which keeps them from recognizing their own symptoms and asking for help. Teenagers and adults often fail to recognize the symptoms of depression in themselves or in other people they care about.

What is Depression?

Depression is a severe, persistent “down” mood in which a person loses interest or pleasure in the usual activities of life. It isn't the holiday blues or the sad feelings everyone experiences after a loss, but it is a deep feeling of sadness that will not go away. Clinical depression is when that “down mood” lasts for more than a couple of weeks and is accompanied by a few other symptoms. It is a serious health problem that effects the total person. It can change behavior, physical health, appearance, academic performance and the ability to handle everyday pressures and decisions. It has been described as “a room in Hell”.

Nearly everyone suffering from depression has feelings of sadness, helplessness, hopelessness, and irritability. In Psalm 32:4 David cried to the Lord, “Day and night thy hand was heavy upon me.” He felt crushed by the hand of God. This is a description of depression, a feeling of being pressed down or crushed, helpless and hopeless.

Conquering Depression

To conquer depression you must make a choice to believe and act on what God says rather than how you feel. In Hebrews 11:1 (paraphrased) Faith is being certain of what we do not feel. If there is a debate between your feelings and the Scripture, the Word of God wins!! Philippians 4:4-9Rejoice in the Lord always. Again I say, Rejoice! Do not be anxious about anything, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. And the peace of God which passes all understanding shall keep your hearts and minds through Christ Jesus. Finally, my brothers, whatever things are true, whatever things are honest, whatever things are right, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue and if there is any praise, think on these things. And the God of peace shall be with you. It is ok to tell the Lord your true feelings, feelings are real but the belief behind them is not always true. God desires to fill your heart and mind with his peace.

**You can make
a difference.**

- Don't assume that you understand what someone means by “depression”.
- Don't fill in the meaning from your own experience.
- Mourn with those who mourn according to Romans 12:15.
- Pray for God's deliverance according to 2 Corinthians 1:9-11.
- Ask the Lord for encouraging words that will bless and give hope.
- Go for a walk or exercise together.
- Read the Psalms together.
- Consider ways to encourage faith.
- Look for grace events.
- Look for the presence of God in their life.