

**Shutting the door on Satan:  
Battling Depression Lesson 4  
Isaiah 40:28-29  
By Russell Earl**

Thesis: I want to show how we can battle and overcome depression.

- Intro:
1. Depression-it's a battle for a lot of people.
  2. Depression is also another way for us to be separated from God if we are not on guard.

I. Depression – it's definition and causes

A. Depression Defined

1. Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depression, major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems.  
(mayoclinic.org)

B. Causes of Depression

1. Loss of a loved one
2. Financial troubles
3. Inability to have children
4. Health problems
5. Relationship issues (marital or friendships)  
..and the list goes on.

C. An unhealthy frame of mind.

1. Some "fake" depression, to gain attention  
- Often these individuals are not truly depressed but are instead self-centered.
2. These individuals can sometimes be easily identified by their response to be offered aide.

II. Results of depression & **Psalm 42:5a**

A. Depression & Psalm 42

1. Disquieted - to murmur, growl, roar, cry aloud, mourn, rage, sound, make noise, tumult, be clamorous, be disquieted, be loud, be moved, be troubled, be in an uproar  
(Strong's #h1993)
- 2.

B. Results of depression

1. ....it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. (mayoclinic.org)
2. How you feel
3. How you think
4. How you behave

C. Something to consider

1. In order to overcome anything, including depression you have to **WANT** to overcome it.

### III. How you feel, think & behave.

#### A. How you feel. (**Psalm 42:5a**)

1. To change how a person feels they must first change their frame of mind. (Slide 9)
2. Changing how you feel should begin by returning to honest and sincere worship of God (**Psalm 42:4a**).
3. There is encouragement, joy and love in sincere worship of God (**Psalm 42:4b**).
  - a. Signs of joy, love and fellowship with the brethren.
    - *“I went with them to the house of God”, “with the voice of joy and praise” & “kept a pilgrim feast”*
    - **Matthew 8:26** – in Christ, we have nothing to fear.  
*But He said to them, “Why are you fearful, O you of little faith?” Then He arose and rebuked the winds and the sea, and there was a great calm.*
    - **Romans 8:18**  
*For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.*

#### B. How you think. (**Psalm 42:5-8**).

1. It seems as if sometimes the depressed keep asking the same question – “what is wrong with me” – a similar way of thinking is found in Psalm 42:5,11.
2. Notice the writer strives to focus on the positive –
  - a. “hope in God” v. 5
  - b. “therefore I will remember you...” v.6
  - c. “His lovingkindness in the daytime” v.8
  - d. “in the night His song shall be with me” v.8b
  - e. “a prayer to the God of my life” v.8c

#### **Philippians 4:8**

#### C. How you behave.

1. When depressed how a person behaves is not how they would normally behave, act or live.
  - Anger, wrath, drunkenness, impure sexual lifestyle, etc.
2. Sometimes we think the depressed are those who stay home and have no interaction with others; while this is sometimes the case it can also be those who are striving for the most attention – may be those who are depressed.
  - a. There are those who, when the music stops, the party’s over and the lights go out that the depression they are battling takes over. No amount of sinful pleasures can be used to counter depression; it’s almost as if they put the depression in hibernation until they are alone.
  - b. They have no true fulfillment from their lifestyle and are depressed as a result (**Ecc 2:3,11b**)

### Application & Conclusion:

1. In life there are many reasons a person may be depressed, however through action and desire to follow God you can overcome depression.
2. Let’s always remember we have someone who is wiser than us; who is listening to our prayers and our cries (**Pro 3:5-6**).

### 3. Full Invitation