



## **I GET DEPRESSED**

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**It has been suggested that one in five Australians will suffer from major depression**

**over the next few years.**

**What's happened?**

**Twenty or thirty years ago depression was treated with the “Snap out of it!” remedy, but it seems that this prescription isn't acceptable in these days of modern counselling methods and psychology.**

**Is this just a modern phenomenon?**

**What do we need to know about man in order to rid us of this condition?**

**IS THERE ANY HOPE OR ARE WE ALL JUST SUBJECT TO THE “ENGULFING WAVES” OF DEPRESSION AS THEY CHOOSE TO**

**HIT US OR NOT?**

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We'll look at-

What the Bible says about man  
and his nature.

What is depression?

Where does it come from?

How it can be cured.

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***“Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.” ([Ephesians 5:20](#)).***

## WHAT IS DEPRESSION?

Depression is the result of thinking about yourself.

## WHAT CAUSES DEPRESSION?

Thinking about yourself.

## HOW CAN I GET RID OF DEPRESSION?

Stop thinking about yourself.

## WHAT'S THE WORLD'S REMEDY?

More thinking about yourself by not trying to think about yourself or the opposite - thinking very highly of yourself.

## WHAT'S THE BIBLE SAY ABOUT DEPRESSION?

**Depression is a sin. You see the Bible says, *“Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.” ([Ephesians 5:20](#)).***

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***“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” [1 Thessalonians 5:18](#)***

***“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you.” [1 Peter 4:12](#)***

***“Casting all your care upon him; for he careth for you.” [1 Peter 5:7](#)***

***“My brethren, count it all joy when ye fall into divers temptations; knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.” [James 1:2-4](#)***

***“...in thy presence is fullness of joy...” [Ps16:11](#)***

***“But as for you, ye thought evil against me; but God meant it unto good...” [Genesis 50:20](#)***

***“Do all things without murmurings and disputings.” [Philippians 2:14](#)***

***“God left him, to try him, that he might know all that was in his heart.” [2 Chronicles 32:31](#)***

***Rejoice in the Lord always: and again I say, Rejoice.” [Philippians 4:4](#)***

***“Before I was afflicted I went astray: but now I have kept thy word.” [Psalm 119:67](#)***

***“It is good for me that I have been afflicted; that I might learn thy statutes.” [Psalm 119:71](#)***

***“... the Lord thy God led thee these forty years in the wilderness, to humble thee, and to prove thee, to know what was in thine heart, whether thou wouldest keep his commandments, or no.” [Deuteronomy 8:2](#)***

***“ But with many of them God was not well pleased. for they were overthrown in the wilderness. Now these things were our examples, to the intent we should not lust ...neither be ye idolators... neither let us commit fornication ...neither let us tempt Christ ... neither murmur ye ...Now all these things happened unto them for ensamples: and they are written for our admonition ...” [1 Corinthians 10:5-11](#)***

***“And we know that all things work together for good to them that love God, to them who are called according to his purpose.” [Romans 8:28](#)***

***“For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord.” [Isaiah 55:8](#)***

When we don't obey the above Scriptures we are sinning by disobeying God and we say to Him that we know better!

## HOW DOES THE BIBLE DESCRIBE MAN?

*“As it is written, ... There is none righteous, no, not one: ... There is none that seeketh after God.*

*They are all gone out of the way, they are together become unprofitable; there is none that doeth good, no, not one.*

*Their throat is an open sepulchre; with their tongues they have used deceit the poison of asps is under their lips:*

*Whose mouth is full of cursing and bitterness: Their feet are swift to shed blood. Destruction and misery are in their ways: And the way of peace have they not known: There is no fear of God before their eyes. ([Romans 3:10-18](#))*

You might be thinking, “Man, this sounds a bit rough. I wonder who God is referring to here - these must be dreadful criminals of the highest order?”

No my friend, this is God's description of you and me. But wait, there's more,

*“For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit*

*lasciviousness, an evil eye, blasphemy, pride, foolishness:” ([Mark 7:21-22](#))*

*“The heart is deceitful above all things, and desperately wicked. who can know it?” ([Jer 17:9](#))*

*“Now the works of the flesh are manifest which are these; Adultery, fornication, uncleanness, lasciviousness, idolatry, witchcraft hatred, ... [Galatians 5:19](#)*

Now don't get upset, this is what the Bible says that you and I are like - and it gets worse!

*“But we are all as an unclean thing, and all our righteousnesses are as filthy rags; and we all do fade as a leaf and our iniquities, like the wind, have taken us away.” ([Isaiah 64:6](#))*

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*“There is not a just man upon earth that doeth good, and sinneth not”  
([Ecclesiastes 7:20](#))*

*“The fool hath said in his heart There Is no God. They are corrupt, they have done abominable works, there is none that doeth good.*

*The Lord looked down from heaven upon the children of men, to see if there were any that did understand, and seek God.*

*They are all gone aside, they are all together became filthy there is none that doeth good, no, not one.” ([Psalm 14:1-3](#))*

*“For all have sinned, and come short of the glory of God.” ([Romans 3:23](#))*

*“Every man at his best state Is altogether vanity.” ([Psalm 39:5](#))*

Now you have something to be depressed about! This is the real you and what the Bible says about you and me and who we are.

## WHAT ARE THE ORIGINS OF DEPRESSION?

**Depression is inbuilt into our nature. Your depression is the outworking of a life-time of sin and sinful responses. 60%-70% of people in mental institutions are there as a result of unforgiveness and depression. Until you see that depression is a sin and that there is no known cure of man that can help, you'll only be spinning your wheels trying to get rid of it.**

## BUT I DON'T REALLY BELIEVE THE BIBLE

Well I suppose that's a choice we make. It's neither here nor there what you or I really think, it's what God says on the matter that counts.

God created us, so He knows how we tick and that's why the Bible gives us direction.

If you like, go to the New Idea and popular help magazines and believe what they tell you about problems – “it's really not anybody's fault” and “we're all victims of circumstance”.

If you've probably been “dieting” on this for years, it's no wonder you may be depressed.

The reason why people don't like the Bible or won't believe it, is because it tells us exactly who we are - filthy, rotten, putrid, contemptible sinners. Unless you believe this, you'll be running around for years looking for a solution, a

**guru, some self-help plan or some technique from the “new age” and in 5 years time you’ll be worse.**

**NOTE: A reason people believe in evolution is that they won’t have to believe in a Creator who made them and thereby hope to avoid accountability to Him.**

### **BUT CAN’T PSYCHOLOGICAL COUNSELLING HELP ME?**

**Absolutely not! You see, modern psychology, New Age techniques and psychiatry all start from the basis that man is good, was born good and with a bit of will power and perhaps some drugs, he will soon get better and have a happy life.**

### **CAN’T WE IMPROVE PEOPLE’S SELF ESTEEM IN ORDER TO OVERCOME DEPRESSION?**

**NO! The most depressed person has far too much self esteem already. If people really hated themselves they should be glad that they’re being punished by depression. But they’re not - in fact it’s just the opposite. They’re very upset that they’re depressed and it shouldn’t be happening to them – they’re far too good to be suffering. People should not be surprised that depression is one of the things that comes out of man and out of his very nature. When man takes His eyes off Jesus and His work on the cross, man will think about himself, his needs and wants, desires and how much their not being fulfilled.**

### **JESUS CHRIST IS YOUR ONLY HOPE**

**When a man turns to Jesus Christ, everything that then happens is God working in that person’s life for His glory and that person’s reward. Until then, anything that man will do is doomed, society is a failure and there is nothing good that man has ever done, will do or can do, and he is subject to the complete wrath of God for all his efforts.**

**We’re not born good, never were good, and till the day you die, we’ll never improve. Upon death you will be judged for all your actions and If you don’t measure up to the perfect standard of Jesus Christ - who knew no sin, then you will be cast into the fires of hell for eternal torment and unspeakable horrors.**

**Now many people are going to stand before God on Judgment Day and plead their innocence, or their good works, or their “doing their best”, or their own self righteousness, but God’s not going to have a bar of it.**

## WHAT SHOULD I DO?

Get saved! The Bible says, **“Neither is there salvation in any other. For there is none other name under heaven whereby we must be saved.”** ([Acts 4:12](#))

Baptism, confessionals, sacraments, good works, penances, being good, church membership, religion, last rites, Saturday worship or church rules **CANNOT SAVE YOU**. Stop trusting in your “self-righteousness” and put your trust in Jesus Christ alone and “His righteousness”.

## ETERNAL LIFE IS A FREE GIFT!

YOU CAN'T EARN IT, WORK FOR IT OR BUY IT! The Bible says, **“...the GIFT of God is eternal life THROUGH JESUS CHRIST OUR LORD.”** ([Rom 6:23](#)).

The Bible says **“...Christ Jesus came into the world to save sinners...”** ([1 Timothy 1:15](#))

and it also says, **“For whosoever shall call upon the name of the Lord SHALL BE SAVED.”** ([Romans 10:13](#))

Eternity is forever and hell is real, but if you want to be saved, trust alone in Jesus and pray from your heart: **“DEAR GOD, I’m a sinner and deserve Your everlasting wrath in hell. I believe Jesus died for all my sins and His shed blood was payment. I completely trust Him alone to save me. Please forgive me. AMEN”**

By Harley Hitchcock

